

## Cornwall County Rankings

As at 30 September 2007

### Under 11 Girls

|                        |     |      |        |            |
|------------------------|-----|------|--------|------------|
| <b>60m</b>             |     |      |        | <b>9.3</b> |
| Charlotte Cayton-Smith | N&P | 9.5  | Exeter | 29-Sep     |
| Abby Cayton-Smith      | N&P | 11.1 | Exeter | 29-Sep     |

|                        |             |      |           |             |
|------------------------|-------------|------|-----------|-------------|
| <b>75m</b>             |             |      |           |             |
| <b>County Record</b>   | <b>10.7</b> |      |           | <b>11.2</b> |
| Charlotte Cayton-Smith | N&P         | 11.2 | Carn Brea | 20-May      |
| Abbie Hewitt           | CAC         | 11.2 | Carn Brea | 19-Aug      |
| Libby Cock             | CAC         | 11.6 | Par       | 08-Apr      |

|                         |             |             |           |        |
|-------------------------|-------------|-------------|-----------|--------|
| <b>National Grade 4</b> |             | <b>11.6</b> |           |        |
| Maylah Chapman          | N&P         | 11.8        | Carn Brea | 12-Aug |
| Bryher Freight          | N&P         | 11.9        | Par       | 22-Jul |
| Lauren Stevens          | Godolphin   | 12.0        | Par       | 22-Jul |
| Charlotte Lord          | CAC         | 12.3        | Carn Brea | 19-Aug |
| Emily Gusterson         | MBH         | 12.6        | Carn Brea | 15-Jul |
| Kimberley Williams      | Godolphin   | 12.6        | Par       | 22-Jul |
| Simone Taylor           | CAC         | 12.7        | Carn Brea | 15-Jul |
| Abbie Medicott          | Godolphin   | 12.7        | Par       | 22-Jul |
| Shannon Williams        | St Stephens | 12.9        | Par       | 22-Jul |
| Sophie Vincent          | N&P         | 12.9        | Par       | 22-Jul |
| Lowena Hawkey           | CAC         | 12.9        | Carn Brea | 19-Aug |
| Megan Powell            | Godolphin   | 13.0        | Par       | 22-Jul |
| Rebecca Opie            | CAC         | 13.1        | Carn Brea | 15-Jul |
| Anna Venning            | N&P         | 13.2        | Par       | 06-May |
| Katie Jones             | CAC         | 13.2        | Par       | 22-Jul |
| Emily Eddison           | CAC         | 13.2        | Carn Brea | 12-Aug |
| Chelsea Gilbert         | CAC         | 13.3        | Carn Brea | 12-Aug |

|                        |             |      |           |             |
|------------------------|-------------|------|-----------|-------------|
| <b>150m</b>            |             |      |           |             |
| <b>County Record</b>   | <b>21.9</b> |      |           | <b>22.0</b> |
| Charlotte Cayton-Smith | N&P         | 22.2 | Carn Brea | 19-Aug      |
| Abbie Hewitt           | CAC         | 22.4 | Carn Brea | 19-Aug      |

|                         |           |             |           |        |
|-------------------------|-----------|-------------|-----------|--------|
| <b>National Grade 4</b> |           | <b>23.0</b> |           |        |
| Maylah Chapman          | N&P       | 23.6        | Carn Brea | 19-Aug |
| Libby Cock              | CAC       | 24.0        | Braunton  | 23-Jun |
| Charlotte Lord          | CAC       | 24.4        | Carn Brea | 19-Aug |
| Simone Taylor           | CAC       | 24.7        | Carn Brea | 12-Aug |
| Lauren Stevens          | Godolphin | 26.0        | Carn Brea | 15-Jul |
| Lowena Hawkey           | CAC       | 26.0        | Carn Brea | 19-Aug |
| Rebecca Opie            | CAC       | 26.9        | Carn Brea | 15-Jul |
| Emily Eddison           | CAC       | 27.2        | Carn Brea | 12-Aug |
| Keda Wright             | Trewirgie | 27.4        | Carn Brea | 15-Jul |
| Chelsea Gilbert         | CAC       | 27.4        | Carn Brea | 12-Aug |
| Jessica Ward            | N&P       | 29.2        | Par       | 06-May |
| Stephanie Lawrence      | N&P       | 30.0        | Par       | 08-Apr |
| Nina Martin West        | Godolphin | 30.0        | Carn Brea | 15-Jul |
| Olivia Evison           | N&P       | 30.2        | Carn Brea | 15-Jul |

|                      |                |  |  |              |
|----------------------|----------------|--|--|--------------|
| <b>600m</b>          |                |  |  |              |
| <b>County Record</b> | <b>01:47.9</b> |  |  | <b>01:55</b> |

|                        |           |        |           |        |
|------------------------|-----------|--------|-----------|--------|
| Charlotte Cayton-Smith | N&P       | 1.47.9 | Exeter    | 28-Aug |
| Lowena Hawkey          | CAC       | 2.06.5 | Carn Brea | 19-Aug |
| Bizzie Dinnis          | N&P       | 2.07.2 | Par       | 22-Jul |
| Francescia Waters      | CAC       | 2.08.0 | Carn Brea | 19-Aug |
| Simone Taylor          | CAC       | 2.08.3 | Carn Brea | 15-Jul |
| Alisha Johnson         |           | 2.09.2 | Carn Brea | 19-Aug |
| Yola Kingsbury         | Bolitho   | 2.09.3 | Carn Brea | 15-Jul |
| Kayla Setford          | Trewirgie | 2.10.4 | Carn Brea | 15-Jul |
| Anna Venning           | N&P       | 2.10.5 | Par       | 06-May |
| Harriet Mitchell       | ECH       | 2.11.5 | Par       | 22-Jul |
| Emily Gusterson        | MBH       | 2.12.6 | Carn Brea | 15-Jul |
| Abbie Medicott         | Godolphin | 2.15.8 | Par       | 22-Jul |
| Keda Wright            | Trewirgie | 2.16.3 | Carn Brea | 15-Jul |
| Chelsea Gilbert        | CAC       | 2.18.3 | Carn Brea | 20-May |
| Bryher Freight         | N&P       | 2.18.8 | Par       | 22-Jul |
| Emily Eddison          | CAC       | 2.20.5 | Carn Brea | 12-Aug |
| Libby Cock             | CAC       | 2.23.2 | Par       | 22-Jul |
| Natalie Brown          | N&P       | 2.23.6 | Par       | 06-May |
| Katie Jones            | CAC       | 2.28.6 | Par       | 22-Jul |
| Emily Coon             | N&P       | 2.29.3 | Par       | 22-Jul |

|                        |                |        |     |        |
|------------------------|----------------|--------|-----|--------|
| <b>800m</b>            |                |        |     |        |
| <b>County Record</b>   | <b>02:38.5</b> |        |     |        |
| Charlotte Cayton-Smith | N&P            | 2.39.4 | Par | 09-Sep |

|                    |     |      |          |        |
|--------------------|-----|------|----------|--------|
| <b>1000m</b>       |     |      |          |        |
| <b>50m Hurdles</b> |     |      |          |        |
| Abby Cayton-Smith  | N&P | 10.7 | Braunton | 23-Jun |

|                        |     |      |     |        |
|------------------------|-----|------|-----|--------|
| <b>55m Hurdles</b>     |     |      |     |        |
| Charlotte Cayton-Smith | N&P | 10.5 | Par | 22-Jul |
| Harriet Mitchell       | ECH | 10.9 | Par | 22-Jul |
| Maylah Chapman         | N&P | 11.4 | Par | 22-Jul |
| Bizzie Dinnis          | N&P | 11.5 | Par | 22-Jul |
| Lydia Schenk           | N&P | 12.0 | Par | 22-Jul |
| Isabel Jenkins         | N&P | 13.8 | Par | 22-Jul |

|                        |             |      |        |              |
|------------------------|-------------|------|--------|--------------|
| <b>70m Hurdles</b>     | <b>55cm</b> |      |        | <b>03:30</b> |
| <b>County Record</b>   | <b>12.5</b> |      |        |              |
| Charlotte Cayton-Smith | N&P         | 14.0 | Exeter | 29-Sep       |
| Abby Cayton-Smith      | N&P         | 16.5 | Exeter | 29-Sep       |

|                       |             |      |           |        |
|-----------------------|-------------|------|-----------|--------|
| <b>4 x 100m Relay</b> |             |      |           |        |
| <b>County Record</b>  | <b>60.8</b> |      |           |        |
| Godolphin CP School   |             | 69.8 | Carn Brea | 15-Jul |

|                        |             |      |     |             |
|------------------------|-------------|------|-----|-------------|
| <b>High Jump</b>       |             |      |     |             |
| <b>County Record</b>   | <b>1.26</b> |      |     | <b>1.33</b> |
| Charlotte Cayton-Smith | EqualCR N&P | 1.26 | Par | 09-Sep      |

## Vertical Jump

|                        |            |    |     |        |
|------------------------|------------|----|-----|--------|
| Harriet Mitchell       | ECH        | 41 | Par | 22-Jul |
| Charlotte Cayton-Smith | N&P        | 40 | Par | 22-Jul |
| Lauren Stevens         | Godolphin  | 40 | Par | 22-Jul |
| Libby Cock             | CAC        | 39 | Par | 22-Jul |
| Megan Powell           | N&P        | 37 | Par | 22-Jul |
| Lydia Schenk           | N&P        | 35 | Par | 22-Jul |
| Emily Coon             | N&P        | 34 | Par | 22-Jul |
| Kimberley Williams     | Godolphin  | 34 | Par | 22-Jul |
| Bizzie Dinnis          | N&P        | 33 | Par | 22-Jul |
| Shannon Williams       | St Stephen | 33 | Par | 22-Jul |
| Sophie Vincent         | N&P        | 33 | Par | 22-Jul |
| Maylah Chapman         | N&P        | 32 | Par | 22-Jul |
| Abbie Medicott         | Godolphin  | 31 | Par | 22-Jul |
| Olivia Evison          | N&P        | 29 | Par | 22-Jul |
| Bryher Freight         | N&P        | 27 | Par | 22-Jul |
| Katie Jones            | CAC        | 27 | Par | 22-Jul |
| Rhea Cross             | N&P        | 26 | Par | 22-Jul |
| Kaitlin Harris         | St Stephen | 25 | Par | 22-Jul |
| Rebecca Coon           | N&P        | 24 | Par | 22-Jul |
| Atlanta Allen          | St Stephen | 23 | Par | 22-Jul |
| Courtney Broom         | St Stephen | 23 | Par | 22-Jul |

## Pole Vault

**County Record** 1.85

## Long Jump

**County Record** 4.22 **4.15**

|                        |           |      |           |        |
|------------------------|-----------|------|-----------|--------|
| Charlotte Cayton-Smith | N&P       | 4.13 | Par       | 22-Jul |
| National Grade 2       |           | 4.10 |           |        |
| National Grade 3       |           | 3.90 |           |        |
| Libby Cock             | CAC       | 3.71 | Plymouth  | 08-Jul |
| National Grade 4       |           | 3.55 |           |        |
| Harriet Mitchell       | ECH       | 3.36 | Par       | 22-Jul |
| Emily Gusterson        | MBH       | 3.32 | Carn Brea | 15-Jul |
| Bizzie Dinnis          | N&P       | 3.32 | Par       | 22-Jul |
| Kimberley Williams     | Godolphin | 3.31 | Par       | 22-Jul |
| Carlotte Lord          | CAC       | 3.17 | Carn Brea | 19-Aug |
| Simone Taylor          | CAC       | 3.16 | Carn Brea | 15-Jul |
| Abbie Medicott         | Godolphin | 3.15 | Par       | 22-Jul |
| Francescia Waters      | CAC       | 3.12 | Carn Brea | 19-Aug |
| Lauren Stevens         | Godolphin | 3.05 | Par       | 22-Jul |
| Bryher Freight         | N&P       | 2.98 | Par       | 22-Jul |
| Megan Powell           | N&P       | 2.92 | Par       | 22-Jul |
| Laura Hampton          | CAC       | 2.91 | Carn Brea | 15-Jul |
| Stephanie Lawrence     | N&P       | 2.89 | Par       | 08-Apr |
| Emily Coon             | N&P       | 2.87 | Par       | 22-Jul |
| Lydia Schenk           | N&P       | 2.85 | Par       | 22-Jul |
| Sophie Vincent         | N&P       | 2.83 | Par       | 22-Jul |
| Keda Wright            | Trewirgie | 2.81 | Carn Brea | 15-Jul |
| Yola Kingsbury         | Bolitho   | 2.80 | Carn Brea | 15-Jul |
| Jessica Ward           | N&P       | 2.78 | Par       | 06-May |
| Katie Jones            | CAC       | 2.78 | Plymouth  | 08-Jul |

## Rounders Ball

**33.34**

## County Record

|                    |            |       |           |        |
|--------------------|------------|-------|-----------|--------|
| Kimberley Williams | Godolphin  | 29.96 | Par       | 22-Jul |
| Laura Hampton      | CAC        | 20.23 | Carn Brea | 15-Jul |
| Libby Cock         | CAC        | 19.68 | Par       | 22-Jul |
| Stephanie Lawrence | N&P        | 19.09 | Par       | 08-Apr |
| Natalie Brown      | N&P        | 18.07 | Carn Brea | 19-Aug |
| Sophie Vincent     | N&P        | 17.69 | Par       | 22-Jul |
| Rebecca Opie       | CAC        | 17.52 | Carn Brea | 15-Jul |
| Abbie Medicott     | Godolphin  | 17.41 | Par       | 22-Jul |
| Lydia Schenk       | N&P        | 16.46 | Par       | 22-Jul |
| Chloe Harris       | St Stephen | 15.13 | Par       | 22-Jul |
| Maylah Chapman     | N&P        | 14.90 | Carn Brea | 15-Jul |
| Harriet Mitchell   | ECH        | 14.46 | Par       | 22-Jul |
| Shannon Williams   | St Stephen | 13.44 | Par       | 22-Jul |
| Joanna Kistle      | CAC        | 12.88 | Carn Brea | 15-Jul |
| Lauren Stevens     | Godolphin  | 12.28 | Par       | 22-Jul |
| Olivia Evison      | N&P        | 12.24 | Plymouth  | 08-Jul |
| Kaitlin Harris     | St Stephen | 11.75 | Par       | 22-Jul |
| Georgia Doyle      | CAC        | 11.60 | Carn Brea | 15-Jul |
| Abby Cayton-Smith  | N&P        | 11.09 | Plymouth  | 08-Jul |

## Shot Putt

**2kg**

**7.44**

## County Record

|                        |     |      |        |        |
|------------------------|-----|------|--------|--------|
| Megan Powell           | N&P | 5.88 | Par    | 22-Jul |
| Maylah Chapman         | N&P | 4.83 | Par    | 22-Jul |
| Charlotte Cayton-Smith | N&P | 4.53 | Par    | 22-Jul |
| Emily Coon             | N&P | 4.43 | Par    | 22-Jul |
| Bizzie Dinnis          | N&P | 4.33 | Par    | 22-Jul |
| Bryher Freight         | N&P | 3.95 | Par    | 22-Jul |
| Olivia Evison          | N&P | 3.19 | Par    | 22-Jul |
| Abby Cayton-Smith      | N&P | 3.06 | Exeter | 29-Sep |

## Shot Putt

**2.72kg**

|                        |     |      |           |        |
|------------------------|-----|------|-----------|--------|
| Natalie Brown          | N&P | 4.71 | Carn Brea | 19-Aug |
| Maylah Chapman         | N&P | 4.46 | Carn Brea | 19-Aug |
| Charlotte Cayton-Smith | N&P | 3.47 | Par       | 09-Sep |

## Javelin

**County Record** 13.48

|               |     |       |     |        |
|---------------|-----|-------|-----|--------|
| Natalie Brown | N&P | 13.48 | Par | 09-Sep |
|---------------|-----|-------|-----|--------|

## Discus

**County Record** 11.10

|                 |     |       |           |        |
|-----------------|-----|-------|-----------|--------|
| Chelsea Gilbert | CAC | 11.10 | Carn Brea | 19-Aug |
|-----------------|-----|-------|-----------|--------|

## Turbo Javelin

|               |     |      |          |        |
|---------------|-----|------|----------|--------|
| Olivia Evison | N&P | 8.10 | Braunton | 23-Jun |
|---------------|-----|------|----------|--------|

**Cornwall County Rankings - Oct 06 - Date**

As at 30 September 2007

**Under 13 Girls****75m**

|                         |             |             |           |             |
|-------------------------|-------------|-------------|-----------|-------------|
| <b>County Record</b>    | <b>10.1</b> |             |           | <b>11.2</b> |
| Isabelle Luscombe       | CAC         | 10.3        | Carn Brea | 20-May      |
| <b>National Grade 1</b> |             | <b>10.4</b> |           |             |
| <b>National Grade 2</b> |             | <b>10.7</b> |           |             |
| Maria Brett             | N&P         | 10.8        | Par       | 08-Apr      |
| Grace Howe              | CAC         | 10.9        | Carn Brea | 19-Aug      |
| <b>National Grade 3</b> |             | <b>11.0</b> |           |             |
| Karis Harrington        | N&P         | 11.2        | Par       | 08-Apr      |
| Hannah Saunders         | N&P         | 11.2        | Carn Brea | 20-May      |
| Katie Yeomans           | N&P         | 11.3        | Par       | 08-Apr      |
| Ellie Brown             | N&P         | 11.3        | Carn Brea | 19-Aug      |
| Evie Parish-Roberts     | N&P         | 11.6        | Par       | 06-May      |
| <b>National Grade 4</b> |             | <b>11.6</b> |           |             |
| Chloe Carley            | MBH         | 11.8        | Par       | 08-Apr      |
| Lottie Jose             | MBH         | 11.9        | Par       | 08-Apr      |
| Bridie Head**           | LAC         | 11.9        | Par       | 06-May      |
| Charlotte Hotham        | N&P         | 11.9        | Carn Brea | 20-May      |
| Amy Sweet               | N&P         | 12.2        | Par       | 06-May      |
| Polly Hore              | N&P         | 13.3        | Par       | 06-May      |

**100m**

|                         |               |             |           |             |
|-------------------------|---------------|-------------|-----------|-------------|
| <b>County Record</b>    | <b>12.8</b>   |             |           | <b>14.0</b> |
| <b>National Grade 1</b> |               | <b>13.5</b> |           |             |
| Isobel Luscombe         | CAC           | 13.6        | Exeter    | 01-Jul      |
| Grace Howe              | CAC/Helston   | 14.0        | Par       | 20-Jun      |
| <b>National Grade 2</b> |               | <b>14.0</b> |           |             |
| Pip Badger              | Truro         | 14.1        | Par       | 20-Jun      |
| Hannah Butler           | Penair        | 14.3        | Par       | 20-Jun      |
| Milly Deacon            | Truro High    | 14.3        | Par       | 20-Jun      |
| J Collett               | Wadebridge    | 14.4        | Par       | 20-Jun      |
| Alice Vage              | CAC           | 14.4        | Par       | 22-Jul      |
| <b>National Grade 3</b> |               | <b>14.4</b> |           |             |
| Maria Brett             | N&P           | 14.5        | Braunton  | 23-May      |
| Kiani Pay               | Truro         | 14.6        | Par       | 22-Jul      |
| Erin Matthews           | Torpoint      | 14.7        | Par       | 20-Jun      |
| Evie Parish-Roberts     | N&P           | 14.7        | Exeter    | 01-Jul      |
| Abbie Caple             | Poltair       | 14.8        | Par       | 20-Jun      |
| Karis Harrington        | N&P           | 14.8        | Par       | 22-Jul      |
| Katie Yeomans           | N&P           | 14.8        | Par       | 22-Jul      |
| Naomi Pike              | Liskeard      | 14.9        | Par       | 20-Jun      |
| Hannah Saunders         | N&P           | 15.0        | Yeovil    | 27-May      |
| Danielle Dunn           | Richard Lande | 15.0        | Par       | 20-Jun      |
| Sarah Darks             | Callington    | 15.0        | Par       | 20-Jun      |
| Ellen Brown             | N&P           | 15.1        | Exeter    | 01-Jul      |
| Rosie Brenton           | MBH           | 15.2        | Carn Brea | 15-Jul      |
| Lowenna Jones           | CAC           | 15.2        | Exeter    | 02-Sep      |
| <b>National Grade 4</b> |               | <b>15.2</b> |           |             |

**150m**

|                         |             |             |           |             |
|-------------------------|-------------|-------------|-----------|-------------|
| <b>County Record</b>    | <b>19.6</b> |             |           | <b>22.0</b> |
| <b>National Grade 1</b> |             | <b>20.5</b> |           |             |
| Isabelle Luscombe       | CAC         | 20.9        | Carn Brea | 20-May      |
| <b>National Grade 2</b> |             | <b>21.2</b> |           |             |
| <b>National Grade 3</b> |             | <b>21.8</b> |           |             |
| Maria Brett             | N&P         | 22.0        | Carn Brea | 19-Aug      |
| Grace Howe              | CAC         | 22.1        | Carn Brea | 20-May      |
| Kiani Pay               | CAC         | 22.2        | Carn Brea | 19-Aug      |
| Ellie Brown             | N&P         | 22.5        | Carn Brea | 19-Aug      |
| Hannah Saunders         | N&P         | 22.5        | Carn Brea | 19-Aug      |
| <b>National Grade 4</b> |             | <b>23.0</b> |           |             |
| Charlotte Hotham        | N&P         | 23.3        | Carn Brea | 20-May      |
| Chloe Carley            | MBH         | 24.0        | Par       | 06-May      |
| Lottie Jose             | MBH         | 24.1        | Carn Brea | 19-Aug      |
| Evie Parish-Roberts     | N&P         | 24.2        | Par       | 06-May      |
| Kerry Ann Taylor        | MBH         | 24.4        | Par       | 06-May      |
| Emily Whitchurch        | N&P         | 25.8        | Exeter    | 15-Apr      |
| Naomi Baker             | LAC         | 25.9        | Par       | 08-Apr      |

**200m**

|                         |             |             |           |             |
|-------------------------|-------------|-------------|-----------|-------------|
| <b>County Record</b>    | <b>27.1</b> |             |           | <b>29.5</b> |
| <b>National Grade 1</b> |             | <b>28.0</b> |           |             |
| Isobel Luscombe         | CAC         | 28.5        | Exeter    | 10-Jun      |
| <b>National Grade 2</b> |             | <b>29.1</b> |           |             |
| Maria Brett             | N&P         | 29.6        | Yeovil    | 27-May      |
| Lottie Richardson       | Truro High  | 29.6        | Par       | 20-Jun      |
| Lowenna Jones           | CAC         | 30.2        | Exeter    | 01-Jul      |
| <b>National Grade 3</b> |             | <b>30.2</b> |           |             |
| Kiani Pay               | Truro       | 30.3        | Carn Brea | 12-Aug      |
| Ellie Sayer             | Penair      | 30.4        | Par       | 20-Jun      |
| Grace Howe              | CAC         | 30.6        | Carn Brea | 12-Aug      |
| Hannah Saunders         | N&P         | 30.7        | Braunton  | 23-Jun      |

|                         |               |             |            |        |
|-------------------------|---------------|-------------|------------|--------|
| Milly Deacon            | Truro High    | 30.8        | Birmingham | 02-Jul |
| Rosie Brenton           | Cape Cornwall | 30.9        | Par        | 20-Jun |
| Katie Yeomans           | N&P           | 31.0        | Plymouth   | 08-Jul |
| Shelly Dover            | Bodmin        | 31.2        | Par        | 20-Jun |
| Karis Harrington        | N&P           | 31.5        | Yeovil     | 27-May |
| Olivia ?                | Callington    | 31.8        | Par        | 20-Jun |
| Michaela Williams       | MBH           | 31.8        | Carn Brea  | 12-Aug |
| Chloe Carley            | MBH           | 31.9        | Plymouth   | 08-Jul |
| <b>National Grade 4</b> |               | <b>31.9</b> |            |        |
| Evie Parish-Roberts     | Fowey         | 32.0        | Par        | 20-Jun |
| J Straker               | Wadebridge    | 32.0        | Par        | 20-Jun |
| Esme Lewis-Plunkett     | Polwhele      | 32.4        | Par        | 20-Jun |
| Julie Nicholls          | Poltair       | 32.4        | Par        | 20-Jun |

### 600m

|                      |               |        |          |              |
|----------------------|---------------|--------|----------|--------------|
| <b>County Record</b> | <b>1.41.8</b> |        |          | <b>01:55</b> |
| Alice Vage           | CAC           | 1.52.7 | Par      | 08-Apr       |
| Maria Brett          | N&P           | 1.53.5 | Exeter   | 15-Apr       |
| Chloe Carley         | MBH           | 1.55.0 | Par      | 08-Apr       |
| Hannah Saunders      | N&P           | 2.02.0 | Par      | 08-Apr       |
| Rebecca Hocking      | CAC           | 2.14.0 | Par      | 08-Apr       |
| Naomi Baker          | LAC           | 2.17.6 | Par      | 08-Apr       |
| Bridie Head**        | LAC           | 2.19.2 | Braunton | 13-May       |

### 800m

|                         |   |               |           |              |
|-------------------------|---|---------------|-----------|--------------|
| <b>County Record</b>    | <b>2.14.19 Mx (2:16.1 - UK All Time 4th - Jess Hicks)</b> |               |           | <b>02:40</b> |
| <b>National Grade 1</b> |   | <b>2.30.0</b> |           |              |
| Alice Vage              |   | 2.32.8        | Carn Brea | 20-May       |
| Maria Brett             | N&P   | 2.36.50       | Street    | 07-May       |
| <b>National Grade 2</b> |   | <b>2.36.5</b> |           |              |
| Chloe Carley            | MBH   | 2.37.3        | Carn Brea | 15-Jul       |
| <b>National Grade 3</b> |   | <b>2.42.0</b> |           |              |
| Amy Sweet               | N&P   | 2.42.1        | Par       | 06-May       |
| Jess Bolton             | CAC   | 2.44.9        | Carn Brea | 20-May       |
| Lottie Jose             | MBH   | 2.45.8        | Carn Brea | 19-Aug       |
| Katie Yeomans           | N&P   | 2.46.8        | Par       | 22-Jul       |
| Ailsa Sharrock          | N&P   | 2.46.9        | Exeter    | 02-Sep       |
| Kerry Ann Taylor        | MBH   | 2.47.0        | Carn Brea | 20-May       |
| Lowena Jones            | CAC   | 2.49.6        | Carn Brea | 13-May       |
| <b>National Grade 4</b> |   | <b>2.50.5</b> |           |              |
| Daisy Dunn              | CAC   | 2.53.6        | Plymouth  | 08-Jul       |
| Hannah Saunders         | N&P   | 2.53.7        | Exeter    | 01-Jul       |
| Kelsey Stevenson        | Truro High  | 2.53.9        | Par       | 20-Jun       |
| Emily Whitchurch        | N&P   | 2.57.7        | Par       | 22-Jul       |
| Charlotte Hotham        | N&P   | 2.58.3        | Par       | 06-May       |
| Alice Rogers            | PAC   | 2.58.8        | Exeter    | 26-Jun       |
| Danillie Bazely         | Penrice   | 3.00.5        | Par       | 23-May       |
| Sasha Aghdam            | THS   | 3.01.0        | Par       | 23-May       |
| Naomi Baker             | LAC   | 3.01.8        | Par       | 06-May       |
| Polly Hore              | N&P   | 3.02.5        | Par       | 22-Jul       |

### 1200m

|                         |  |               |        |              |
|-------------------------|--|---------------|--------|--------------|
| <b>County Record</b>    | <b>3.43.4 Mx (3:46.6 - UK All Time 4th - Jess Hicks)</b> |               |        | <b>04:20</b> |
| <b>National Grade 1</b> |  | <b>4.04.0</b> |        |              |
| <b>National Grade 2</b> |  | <b>4.11.5</b> |        |              |
| <b>National Grade 3</b> |  | <b>4.20.5</b> |        |              |
| <b>National Grade 4</b> |  | <b>4.36.0</b> |        |              |
| Katie Yeomans           | N&P  | 4.36.7        | Exeter | 15-Apr       |
| Bridie Head**           | LAC  | 4.37.3        | Exeter | 15-Apr       |
| Ailsa Sharrock          | N&P  | 4.40.8        | Par    | 08-Apr       |
| Lottie Jose             | MBH  | 4.45.3        | Par    | 08-Apr       |
| Emily Whitchurch        | N&P  | 4.49.6        | Par    | 08-Apr       |

### 1500m

|                         |                |                                     |           |              |
|-------------------------|----------------|-------------------------------------|-----------|--------------|
| <b>County Record</b>    | <b>4.38.94</b> | <b>UK All time 4th - Jess Hicks</b> |           | <b>05:30</b> |
| <b>National Grade 1</b> |                | <b>5.04.5</b>                       |           |              |
| <b>National Grade 2</b> |                | <b>5.19.5</b>                       |           |              |
| Amy Sweet               | N&P            | 5.20.8                              | Exeter    | 05-Aug       |
| Alice Vage              | CAC            | 5.29.3                              | Yeovil    | 27-May       |
| Jess Bolton             | CAC            | 5.29.4                              | Carn Brea | 15-Jul       |
| <b>National Grade 3</b> |                | <b>5.31.5</b>                       |           |              |
| Katie Yeomans           | N&P            | 5.37.2                              | Carn Brea | 15-Jul       |
| Tamsyn Gummow           | CAC            | 5.39.7                              | Carn Brea | 20-May       |
| Chloe Carley            | Mounts Bay     | 5.40.5                              | Par       | 20-Jun       |
| Ailsa Sharrock          | N&P            | 5.43.2                              | Carn Brea | 20-May       |
| Jess Behenna            | Callington     | 5.46.7                              | Par       | 20-Jun       |
| Anna Ashbridge          | CAC            | 5.48.4                              | Carn Brea | 15-Jul       |
| <b>National Grade 4</b> |                | <b>5.49.5</b>                       |           |              |
| Bridie Head**           | LAC            | 5.54.4                              | Par       | 06-May       |
| Lottie Jose             | MBH            | 5.55.0                              | Par       | 06-May       |
| Emily Whitchurch        | N&P            | 5.56.0                              | Carn Brea | 20-May       |
| Jade Martin             | Poltair        | 5.58.9                              | Par       | 20-Jun       |
| Megan Davis             | Penair         | 5.58.9                              | Par       | 20-Jun       |

|                  |              |        |           |        |
|------------------|--------------|--------|-----------|--------|
| Georgia Luscombe | Redruth      | 5.59.8 | Par       | 20-Jun |
| Daisy Dunn       | CAC          | 6.00.7 | Exeter    | 31-Jul |
| Finlay Bray      | CAC          | 6.06.7 | Carn Brea | 13-May |
| Jess Richards    | Humphry Davy | 6.10.1 | Par       | 20-Jun |
| H Collett        | Wadebridge   | 6.13.0 | Par       | 20-Jun |

### 1 Mile

**County Record**      **5.53.6**      **06:00**

### 3000m

Alice Rogers      CoP      12.26 RR      Exeter      March

### 70m Hurdles

**68.2cm**

**County Record**      **11.7 (U11 - 12.5)**      **13.0**

#### National Grade 1

12.0

|                  |            |      |        |        |
|------------------|------------|------|--------|--------|
| Maria Brett      | N&P        | 12.3 | Yeovil | 27-May |
| Jordanna Morrish | Truro High | 12.7 | Par    | 20-Jun |
| Polly Hore       | Poltair    | 12.7 | Par    | 20-Jun |

#### National Grade 2

12.7

|               |               |      |     |        |
|---------------|---------------|------|-----|--------|
| Tamara Beach  | Penair        | 12.8 | Par | 20-Jun |
| Emily Dunstan | Richard Lande | 13.1 | Par | 20-Jun |

#### National Grade 3

13.2

|                           |              |      |           |        |
|---------------------------|--------------|------|-----------|--------|
| Jess Bolton               | CAC          | 13.3 | Yeovil    | 27-May |
| Kath Lawrence             | Truro        | 13.7 | Par       | 20-Jun |
| Evie Parish-Roberts       | N&P          | 13.7 | Exeter    | 02-Sep |
| Alice Vage                | CAC/Penair   | 13.7 | Par       | 09-Sep |
| Hannah Butler             | Penair       | 13.8 | Par       | 23-May |
| Bobbie Darrock            | Bodmin       | 13.8 | Par       | 20-Jun |
| Chloe Carley              | Mts Bay      | 13.8 | Par       | 22-Jul |
| Pip Badger                | Truro        | 14.0 | Par       | 23-May |
| Sasha Aghdam              | THS          | 14.1 | Par       | 23-May |
| L Roganovic               | Wadebridge   | 14.1 | Par       | 20-Jun |
| Charlotte Cayton-Smil U11 | N&P          | 14.1 | Par       | 09-Sep |
| Isi Luscombe              | CAC/Roselanc | 14.2 | Par       | 23-May |
| Kiani Pay                 | Truro        | 14.2 | Par       | 23-May |
| Rosie Brenton             | MBH          | 14.3 | Carn Brea | 15-Jul |
| Emma Tester               | Helston      | 14.4 | Par       | 20-Jun |
| Kayleigh Monger           | Brannel      | 14.6 | Par       | 20-Jun |
| Zena Colwill              | Treviglas    | 14.6 | Par       | 20-Jun |

#### National Grade 4

14.6

### 4 x 100m Relay

**County Record**      **57.1**      **58.0**

|                      |      |           |        |
|----------------------|------|-----------|--------|
| Cornwall AC          | 58.2 | Exeter    | 01-Jul |
| Newquay & Par        | 60.5 | Exeter    | 01-Jul |
| Penair               | 60.1 | Par       | 20-Jun |
| Helston              | 60.4 | Par       | 20-Jun |
| Truro High           | 60.9 | Par       | 20-Jun |
| Wadebridge           | 61.5 | Par       | 20-Jun |
| Richard Lander       | 62.4 | Par       | 20-Jun |
| Callington           | 63.7 | Par       | 20-Jun |
| Mounts Bay           | 64.5 | Par       | 20-Jun |
| Penrice              | 65.2 | Par       | 20-Jun |
| Redruth              | 66.4 | Par       | 20-Jun |
| Bodmin               | 66.5 | Par       | 20-Jun |
| Trewirgie Junior Sch | 76.8 | Carn Brea | 15-Jul |

### 4 x 200m Relay

Newquay & Par      2.11.0      Par      08-Apr

Cornwall AC      2.14.1      Par      08-Apr

### High Jump

**County Record**      **1.51**      **1.33**

|              |     |      |           |        |
|--------------|-----|------|-----------|--------|
| Alice Vage   | CAC | 1.46 | Yeovil    | 22-Apr |
| Chloe Carley | MBH | 1.45 | Carn Brea | 15-Jul |

#### National Grade 1

1.40

|                   |            |      |     |        |
|-------------------|------------|------|-----|--------|
| Lottie Richardson | Truro High | 1.33 | Par | 20-Jun |
|-------------------|------------|------|-----|--------|

#### National Grade 2

1.33

|                  |       |      |        |        |
|------------------|-------|------|--------|--------|
| Jordanna Morrish | THS   | 1.31 | Par    | 23-May |
| Rebecca Hocking  | CAC   | 1.31 | Par    | 23-May |
| Jess Bolton      | CAC   | 1.30 | Yeovil | 22-Apr |
| Maria Brett      | N&P   | 1.30 | Yeovil | 22-Apr |
| Kiani Pay        | Truro | 1.27 | Par    | 22-Jul |
| Hannah Saunders  | N&P   | 1.25 | Yeovil | 22-Apr |
| Lizzie George    | Fowey | 1.25 | Par    | 20-Jun |
| Ellie Brown      | N&P   | 1.25 | Exeter | 01-Jul |

#### National Grade 3

1.25

|              |       |      |            |        |
|--------------|-------|------|------------|--------|
| Milly Decon  | THS   | 1.20 | Par        | 23-May |
| J Baker      | Truro | 1.20 | Par        | 20-Jun |
| Tori Leggott | CAC   | 1.20 | Carn Brea  | 12-Aug |
| A Grigg      | Truro | 1.20 | Birmingham | 28-Jul |
| Emma Moore   | CAC   | 1.20 | Carn Brea  | 15-Jul |

#### National Grade 4

1.18

|               |     |      |     |        |
|---------------|-----|------|-----|--------|
| Bridie Head** | LAC | 1.15 | Par | 08-Apr |
|---------------|-----|------|-----|--------|

|                   |             |         |           |        |
|-------------------|-------------|---------|-----------|--------|
| Hannah Dawes      | CAC         | 1.15    | Par       | 06-May |
| Anna Caklais      | Truro       | 1.15    | Par       | 23-May |
| Kelsey Stevenson  | THS         | 1.15    | Par       | 23-May |
| Polly Hore        | N&P/Poltair | 1.15    | Par       | 23-May |
| Kerry-Anne Taylor | MBH         | 1.15    | Plymouth  | 08-Jul |
| Michaela Williams | MBH         | 1.15    | Carn Brea | 12-Aug |
| Tegan Sleeman     | CAC         | 1.15 SH | Carn Brea | 10-Dec |

### Pole Vault

|                      |  |             |           |        |
|----------------------|--|-------------|-----------|--------|
| <b>County Record</b> | <b>2.40 UK All Time - 3rd - Jasmin Hicks</b> | <b>2.00</b> |           |        |
| Charlotte Lowe       | N&P  | 2.05        | Plymouth  | 08-Jul |
| Rebecca Hocking      | CAC  | 1.70        | Carn Brea | 20-May |

### Long Jump

|                         |             |             |     |             |
|-------------------------|-------------|-------------|-----|-------------|
| <b>County Record</b>    | <b>4.81</b> |             |     | <b>4.15</b> |
| Alice Vage              | CAC/Penair  | 4.39        | Par | 22-Jul      |
| <b>National Grade 1</b> |             | <b>4.35</b> |     |             |

|             |        |      |            |        |
|-------------|--------|------|------------|--------|
| Kiani Pay   | Truro  | 4.33 | Par        | 22-Jul |
| Maria Brett | N&P    | 4.21 | Chelmsford | 31-Jul |
| Ellie Sayer | Penair | 4.14 | Par        | 23-May |

|                         |  |             |  |  |
|-------------------------|--|-------------|--|--|
| <b>National Grade 2</b> |  | <b>4.10</b> |  |  |
|-------------------------|--|-------------|--|--|

|                     |              |      |           |        |
|---------------------|--------------|------|-----------|--------|
| Grace Howe          | CAC          | 4.04 | Exeter    | 10-Jun |
| Lola Thorpe         | Bude         | 3.98 | Par       | 20-Jun |
| Evie Parish-Roberts | Fowey        | 3.98 | Par       | 09-Sep |
| Pip Badger          | Truro        | 3.93 | Par       | 23-May |
| Isi Luscombe        | CAC/Roselanc | 3.92 | Carn Brea | 15-Jul |

|                         |  |             |  |  |
|-------------------------|--|-------------|--|--|
| <b>National Grade 3</b> |  | <b>3.90</b> |  |  |
|-------------------------|--|-------------|--|--|

|                   |               |      |           |        |
|-------------------|---------------|------|-----------|--------|
| Hannah Butler     | Penair        | 3.87 | Par       | 23-May |
| Katie Yeomans     | N&P           | 3.85 | Par       | 22-Jul |
| Naomi Pike        | Liskeard      | 3.82 | Par       | 23-May |
| Milly Decon       | THS           | 3.80 | Par       | 23-May |
| H Collett         | Wadebridge    | 3.78 | Par       | 20-Jun |
| Karis Harrington  | N&P           | 3.78 | Par       | 22-Jul |
| Chloe Carley      | MBH           | 3.76 | Carn Brea | 20-May |
| Danielle Bazeley  | Penrice       | 3.72 | Par       | 20-Jun |
| Charlotte Lowe    | N&P           | 3.66 | Carn Brea | 12-Aug |
| Becky Pethick     | Richard Lande | 3.65 | Par       | 20-Jun |
| Charlotte Hotham  | Bodmin        | 3.65 | Par       | 20-Jun |
| Kath Lawrence     | Truro         | 3.62 | Par       | 23-May |
| Michaela Williams | THS           | 3.62 | Par       | 23-May |
| Bridie Head**     | LAC           | 3.60 | Plymouth  | 29-Apr |
| Tamara Beach      | Penair        | 3.60 | Par       | 23-May |
| Naomi Baker       | LAC           | 3.58 | Par       | 06-May |
| Abbie Caple       | Poltair       | 3.58 | Par       | 20-Jun |
| Hannah Saunders   | N&P           | 3.58 | Par       | 09-Sep |
| Jordanna Morrish  | THS           | 3.55 | Par       | 23-May |

|                         |  |             |  |  |
|-------------------------|--|-------------|--|--|
| <b>National Grade 4</b> |  | <b>3.55</b> |  |  |
|-------------------------|--|-------------|--|--|

### Shot

|                      |                          |  |  |             |
|----------------------|--------------------------|--|--|-------------|
| <b>County Record</b> | <b>9.21 (U11 - 6.79)</b> |  |  | <b>7.50</b> |
|----------------------|--------------------------|--|--|-------------|

|                         |  |             |  |  |
|-------------------------|--|-------------|--|--|
| <b>National Grade 1</b> |  | <b>8.20</b> |  |  |
|-------------------------|--|-------------|--|--|

|                  |     |      |     |        |
|------------------|-----|------|-----|--------|
| Sophie Stockburn | N&P | 8.13 | Par | 16-Sep |
| Karis Harrington | N&P | 8.02 | Par | 22-Jul |

|                         |  |             |  |  |
|-------------------------|--|-------------|--|--|
| <b>National Grade 2</b> |  | <b>7.25</b> |  |  |
|-------------------------|--|-------------|--|--|

|                  |          |      |        |        |
|------------------|----------|------|--------|--------|
| Tamara Beach     | Penair   | 7.17 | Par    | 20-Jun |
| Corrie Macdonald | Liskeard | 7.15 | Par    | 20-Jun |
| Anna Caklais     | Truro    | 6.79 | Par    | 23-May |
| Ellie Sayer      | Penair   | 6.70 | Par    | 23-May |
| Pip Badger       | Truro    | 6.67 | Par    | 23-May |
| Kiani Pay        | Truro    | 6.62 | Par    | 23-May |
| Emma Moore       | CAC      | 6.59 | Yeovil | 22-Apr |
| Chloe Carley     | Mts Bay  | 6.57 | Par    | 23-May |

|                         |  |             |  |  |
|-------------------------|--|-------------|--|--|
| <b>National Grade 3</b> |  | <b>6.50</b> |  |  |
|-------------------------|--|-------------|--|--|

|                  |              |      |           |        |
|------------------|--------------|------|-----------|--------|
| Hannah Butler    | Penair       | 6.42 | Par       | 23-May |
| Alice Allen      | Helston      | 6.42 | Par       | 20-Jun |
| Ashley Robson    | Looe         | 6.42 | Par       | 20-Jun |
| Caitlin Davy     | Mounts Bay   | 6.39 | Par       | 20-Jun |
| Jade Williams    | MBH          | 6.37 | Carn Brea | 15-Jul |
| Kelsey Stevenson | Truro High   | 6.25 | Par       | 20-Jun |
| Hannah Saunders  | N&P          | 6.19 | Par       | 09-Sep |
| J Colwill        | Wadebridge   | 5.92 | Par       | 20-Jun |
| Danillie Bazely  | Penrice      | 5.86 | Par       | 23-May |
| Heather Mansell  | MBH          | 5.83 | Carn Brea | 13-May |
| Emily Dunn       | Hayle        | 5.83 | Par       | 20-Jun |
| Sasha Aghdam     | THS          | 5.81 | Par       | 23-May |
| Fides Dasonotons | Callington   | 5.74 | Par       | 20-Jun |
| Shona Harris     | THS          | 5.70 | Par       | 23-May |
| Katie Slater     | Tru H        | 5.69 | Carn Brea | 13-May |
| Isi Luscombe     | CAC/Roselanc | 5.66 | Par       | 23-May |
| Maria Brett      | N&P/Roselyor | 5.63 | Par       | 23-May |
| Jordanna Morrish | THS          | 5.60 | Par       | 23-May |

|                         |  |             |  |  |
|-------------------------|--|-------------|--|--|
| <b>National Grade 4</b> |  | <b>5.60</b> |  |  |
|-------------------------|--|-------------|--|--|

### Discus

|                      |              |  |  |              |
|----------------------|--------------|--|--|--------------|
| <b>County Record</b> | <b>26.78</b> |  |  | <b>20.00</b> |
|----------------------|--------------|--|--|--------------|

|                         |  |              |  |  |
|-------------------------|--|--------------|--|--|
| <b>National Grade 1</b> |  | <b>23.00</b> |  |  |
|-------------------------|--|--------------|--|--|

|                           |  |              |            |              |
|---------------------------|--|--------------|------------|--------------|
| <b>National Grade 2</b>   |  | <b>19.10</b> |            |              |
| Laura Dawkins             | Tru H                                      | 18.73        | Carn Brea  | 13-May       |
| Sophie Stockburn          | N&P  | 18.03        | Par        | 16-Sep       |
| <b>National Grade 3</b>   |  | <b>16.70</b> |            |              |
| Kiani Pay                 | Truro                                      | 16.67        | Par        | 22-Jul       |
| Pip Badger                | Truro                                      | 16.65        | Par        | 20-Jun       |
| Karis Harrington          | N&P  | 16.31        | Plymouth   | 08-Jul       |
| J Straker                 | Wadebridge                                 | 15.66        | Par        | 20-Jun       |
| Jade Williams             | CAC  | 14.86        | Carn Brea  | 12-Aug       |
| Sophie Rice-Payton        | Polwhele                                   | 14.20        | Par        | 20-Jun       |
| Rebecca Hocking           | CAC  | 14.16        | Par        | 16-Sep       |
| Charlie Danks             | Tru H                                      | 13.80        | Carn Brea  | 13-May       |
| Shona Harris              | Truro High                                 | 13.56        | Birmingham | 02-Jul       |
| Beth Willshaw             | Brannel                                    | 13.34        | Par        | 20-Jun       |
| Talwyn Craddock           | Penrice                                    | 12.97        | Par        | 20-Jun       |
| Martha Yapp               | Mounts Bay                                 | 12.90        | Par        | 20-Jun       |
| <b>National Grade 4</b>   |  | <b>12.90</b> |            |              |
| Charlotte Lowe            | N&P  | 12.65        | Carn Brea  | 20-May       |
| Ruth Newing               | Camborne                                   | 12.09        | Par        | 20-Jun       |
| Rachel Burley             | Penair                                     | 11.63        | Par        | 20-Jun       |
| Eleanor Trevithick        | Redruth                                    | 11.34        | Par        | 20-Jun       |
| <b>Javelin</b>            |  |              |            |              |
| <b>County Record</b>      | <b>27.04</b>                               |              |            | <b>20.00</b> |
| Karis Harrington          | N&P  | 25.40        | Plymouth   | 08-Jul       |
| <b>National Grade 1</b>   |  | <b>25.00</b> |            |              |
| <b>National Grade 2</b>   |  | <b>21.10</b> |            |              |
| Dani Hay                  | Brannel                                    | 20.07        | Par        | 20-Jun       |
| L Roganovic               | Wadebridge                                 | 20.00        | Par        | 20-Jun       |
| Alice Vage                | CAC  | 18.67        | Par        | 22-Jul       |
| Laura Dawkins             | Tru H                                      | 18.65        | Carn Brea  | 13-May       |
| Lauren Bennett            | Penrice                                    | 17.71        | Par        | 20-Jun       |
| Polly Hore                | N&P  | 17.54        | Carn Brea  | 13-May       |
| <b>National Grade 3</b>   |  | <b>17.25</b> |            |              |
| Jordanna Morrish          | Truro High                                 | 16.27        | Par        | 20-Jun       |
| Charlotte Lowe            | N&P  | 15.35        | Carn Brea  | 20-May       |
| Emily Dunstan             | Richard Lande                              | 14.89        | Par        | 20-Jun       |
| Katie Yeomans             | N&P  | 14.50        | Carn Brea  | 19-Aug       |
| Sam Robinson              | Fowey                                      | 14.28        | Par        | 20-Jun       |
| Rachel Collard            | Callington                                 | 13.98        | Par        | 20-Jun       |
| Jade Boumer               | Tru H                                      | 13.42        | Carn Brea  | 13-May       |
| Kate McMillan             | Helston                                    | 13.42        | Par        | 20-Jun       |
| Charlie Danks             | Tru H                                      | 13.16        | Carn Brea  | 13-May       |
| Vicky Sharpe              | Penair                                     | 13.10        | Par        | 20-Jun       |
| Heidi Chesterfield        | Redruth                                    | 13.08        | Par        | 20-Jun       |
| <b>National Grade 4</b>   |  | <b>13.00</b> |            |              |
| Emma Moore                | CAC  | 12.68        | Carn Brea  | 15-Jul       |
| <b>Pentathlon</b>         |  |              |            |              |
| <b>County Record</b>      | <b>2787 UK All time - 2nd - Jess Hicks</b> |              |            | <b>1600</b>  |
| Alice Vage                | CAC/Penair                                 | 1976         | Par        | 09-Sep       |
| Maria Brett               | N&P/Roselyor                               | 1947         | Par        | 23-May       |
| Chloe Carley              | Mts Bay                                    | 1938         | Par        | 22-Jul       |
| Charlotte Cayton-Smit U11 | N&P  | 1706         | Par        | 09-Sep       |
| Jess Bolton               | CAC  | 1647         | Par        | 09-Sep       |
| Kiani Pay                 | Truro                                      | 1618         | Par        | 23-May       |
| Jordanna Morrish          | THS  | 1616         | Par        | 23-May       |
| Pip Badger                | Truro                                      | 1518         | Par        | 23-May       |
| Hannah Saunders           | N&P/Wade                                   | 1515         | Par        | 09-Sep       |
| Ellie Sayer               | Penair                                     | 1431         | Par        | 23-May       |
| Isi Luscombe              | CAC/Roselanc                               | 1431         | Par        | 23-May       |
| Hannah Butler             | Penair                                     | 1409         | Par        | 23-May       |
| Katie Yeomans             | N&P  | 1342         | Par        | 09-Sep       |
| Evie Parish-Roberts       | N&P  | 1328         | Par        | 09-Sep       |
| Polly Hore                | N&P/Poltair                                | 1306         | Par        | 09-Sep       |
| Sasha Aghdam              | THS  | 1293         | Par        | 23-May       |
| Tamara Beach              | Penair                                     | 1283         | Par        | 23-May       |
| Danillie Bazely           | Penrice                                    | 1277         | Par        | 23-May       |
| Kelsey Stevenson          | THS  | 1277         | Par        | 23-May       |
| Milly Decon               | THS  | 1271         | Par        | 23-May       |

\*\* Lives in Devon but competes for a Cornish Club

**Cornwall County Rankings - Oct 06 - Date**

As at 30 September 2007

**Under 15 Girls****60m**

|                |     |     |          |        |
|----------------|-----|-----|----------|--------|
| Amber McGregor | PAC | 8.9 | Plymouth | 13-Feb |
|----------------|-----|-----|----------|--------|

**80m**

|                |     |      |          |        |
|----------------|-----|------|----------|--------|
| Amber McGregor | PAC | 12.4 | Plymouth | 13-Mar |
|----------------|-----|------|----------|--------|

**100m**

|                      |             |  |  |             |
|----------------------|-------------|--|--|-------------|
| <b>County Record</b> | <b>12.6</b> |  |  | <b>13.3</b> |
|----------------------|-------------|--|--|-------------|

|                |     |      |        |        |
|----------------|-----|------|--------|--------|
| Lamorna Newman | CAC | 12.7 | Exeter | 01-Jul |
|----------------|-----|------|--------|--------|

|        |  |       |            |        |
|--------|--|-------|------------|--------|
| Newman |  | 13.05 | 0.0 Yeovil | 16-Jun |
|--------|--|-------|------------|--------|

|                  |  |      |  |  |
|------------------|--|------|--|--|
| National Grade 1 |  | 12.8 |  |  |
|------------------|--|------|--|--|

|                  |  |      |  |  |
|------------------|--|------|--|--|
| National Grade 2 |  | 13.2 |  |  |
|------------------|--|------|--|--|

|                |     |      |           |        |
|----------------|-----|------|-----------|--------|
| Jessica Driver | PAC | 13.3 | Carn Brea | 12-Aug |
|----------------|-----|------|-----------|--------|

|                |     |      |          |        |
|----------------|-----|------|----------|--------|
| Philippa Brett | N&P | 13.4 | Braunton | 17-Jun |
|----------------|-----|------|----------|--------|

|            |         |      |     |        |
|------------|---------|------|-----|--------|
| Claire May | Brannel | 13.5 | Par | 20-Jun |
|------------|---------|------|-----|--------|

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| National Grade 3 |  | 13.5 |  |  |
|------------------|--|------|--|--|

|             |         |      |           |        |
|-------------|---------|------|-----------|--------|
| Katie Smith | Truro H | 13.6 | Carn Brea | 09-Jun |
|-------------|---------|------|-----------|--------|

|             |         |      |     |        |
|-------------|---------|------|-----|--------|
| Megan Smyth | Redruth | 13.6 | Par | 20-Jun |
|-------------|---------|------|-----|--------|

|               |       |      |     |        |
|---------------|-------|------|-----|--------|
| Julia Nilsson | Truro | 13.7 | Par | 20-Jun |
|---------------|-------|------|-----|--------|

|                |     |      |        |        |
|----------------|-----|------|--------|--------|
| Charlie Notman | N&P | 13.8 | Exeter | 01-Jul |
|----------------|-----|------|--------|--------|

|                 |     |      |           |        |
|-----------------|-----|------|-----------|--------|
| Rebecca Trevena | CAC | 13.8 | Carn Brea | 19-Aug |
|-----------------|-----|------|-----------|--------|

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|-------------|-----|------|--------|--------|
| Holly Brown | N&P | 13.9 | Walton | 02-Jun |
|-------------|-----|------|--------|--------|

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|-------------|------------|------|-----|--------|
| Ellie White | Callington | 13.9 | Par | 20-Jun |
|-------------|------------|------|-----|--------|

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| National Grade 4 |  | 14.0 |  |  |
|------------------|--|------|--|--|

|            |           |      |     |        |
|------------|-----------|------|-----|--------|
| Beth Wilde | Budehaven | 14.1 | Par | 20-Jun |
|------------|-----------|------|-----|--------|

|             |      |      |     |        |
|-------------|------|------|-----|--------|
| Lucy Rigler | Looe | 14.1 | Par | 20-Jun |
|-------------|------|------|-----|--------|

|               |         |      |           |        |
|---------------|---------|------|-----------|--------|
| Hannah Butler | Redruth | 14.2 | Carn Brea | 09-Jun |
|---------------|---------|------|-----------|--------|

|                   |           |      |     |        |
|-------------------|-----------|------|-----|--------|
| Shannon Higginson | Treviglas | 14.2 | Par | 20-Jun |
|-------------------|-----------|------|-----|--------|

|              |       |      |     |        |
|--------------|-------|------|-----|--------|
| Amy Testrail | Hayle | 14.3 | Par | 20-Jun |
|--------------|-------|------|-----|--------|

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|----------|---------|------|-----------|--------|
| L Rigler | Bolitho | 14.4 | Carn Brea | 09-Jun |
|----------|---------|------|-----------|--------|

|              |       |      |     |        |
|--------------|-------|------|-----|--------|
| Rebecca Mark | Fowey | 14.4 | Par | 20-Jun |
|--------------|-------|------|-----|--------|

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|-----------|----------------|------|-----|--------|
| Ria Evans | Richard Lander | 14.4 | Par | 20-Jun |
|-----------|----------------|------|-----|--------|

|            |      |      |           |        |
|------------|------|------|-----------|--------|
| E F-Taylor | Looe | 14.5 | Carn Brea | 09-Jun |
|------------|------|------|-----------|--------|

**150m**

|                |     |      |     |        |
|----------------|-----|------|-----|--------|
| Lamorna Newman | CAC | 20.1 | Par | 08-Apr |
|----------------|-----|------|-----|--------|

|                |     |      |     |        |
|----------------|-----|------|-----|--------|
| Jessica Driver | PAC | 21.1 | Par | 08-Apr |
|----------------|-----|------|-----|--------|

|                |     |      |     |        |
|----------------|-----|------|-----|--------|
| Philippa Brett | N&P | 22.0 | Par | 08-Apr |
|----------------|-----|------|-----|--------|

|            |     |      |     |        |
|------------|-----|------|-----|--------|
| Claire May | N&P | 22.1 | Par | 08-Apr |
|------------|-----|------|-----|--------|

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|-----------------|-----|------|-----|--------|
| Rebecca Trevena | CAC | 22.5 | Par | 08-Apr |
|-----------------|-----|------|-----|--------|

**200m**

|                      |              |  |  |             |
|----------------------|--------------|--|--|-------------|
| <b>County Record</b> | <b>25.84</b> |  |  | <b>27.5</b> |
|----------------------|--------------|--|--|-------------|

|                |     |         |     |        |
|----------------|-----|---------|-----|--------|
| Lamorna Newman | CAC | 26.1 mx | Par | 06-May |
|----------------|-----|---------|-----|--------|

|        |               |       |            |        |
|--------|---------------|-------|------------|--------|
| Newman | CAC/Cwll Schs | 26.40 | 1.7 Barnet | 26-Aug |
|--------|---------------|-------|------------|--------|

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| National Grade 1 |  | 26.6 |  |  |
|------------------|--|------|--|--|

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| National Grade 2 |  | 27.2 |  |  |
|------------------|--|------|--|--|

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|------------------|-----|------|--------|--------|
| Anne-Marie Keast | N&P | 27.3 | Exeter | 01-Jul |
|------------------|-----|------|--------|--------|

|                |     |      |          |        |
|----------------|-----|------|----------|--------|
| Jessica Driver | Ply | 27.4 | Plymouth | 08-Jul |
|----------------|-----|------|----------|--------|

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|----------------|-----|------|----------|--------|
| Philippa Brett | N&P | 27.7 | Braunton | 17-Jun |
|----------------|-----|------|----------|--------|

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| National Grade 3 |  | 27.9 |  |  |
|------------------|--|------|--|--|

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|-------------|-----|------|--------|--------|
| Holly Brown | N&P | 28.4 | Yeovil | 27-May |
|-------------|-----|------|--------|--------|

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| Ellie Starr | CAC | 28.8 | Yeovil | 27-May |
|-------------|-----|------|--------|--------|

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|-------------|------------|------|-----------|--------|
| Katie Smith | Truro High | 28.9 | Carn Brea | 09-Jun |
|-------------|------------|------|-----------|--------|

|                  |                |      |     |        |
|------------------|----------------|------|-----|--------|
| Rebecca Stephens | Richard Lander | 28.9 | Par | 20-Jun |
|------------------|----------------|------|-----|--------|

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| National Grade 4 |  | 28.9 |  |  |
|------------------|--|------|--|--|

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|----------------|-------|------|-----|--------|
| Cajame Chanter | Truro | 29.0 | Par | 20-Jun |
|----------------|-------|------|-----|--------|

|                |     |      |        |        |
|----------------|-----|------|--------|--------|
| Annabel Gummow | CAC | 29.0 | Exeter | 01-Jul |
|----------------|-----|------|--------|--------|

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|------------|-----|------|-----|--------|
| Claire May | N&P | 29.1 | Par | 02-Jun |
|------------|-----|------|-----|--------|

|              |            |      |     |        |
|--------------|------------|------|-----|--------|
| Olivia James | Truro High | 29.1 | Par | 20-Jun |
|--------------|------------|------|-----|--------|

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|----------------|--------|------|-----|--------|
| Claudia Palmer | Penair | 29.5 | Par | 20-Jun |
|----------------|--------|------|-----|--------|

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|-----------------|-----|------|-----------|--------|
| Rebecca Trevena | CAC | 29.5 | Carn Brea | 19-Aug |
|-----------------|-----|------|-----------|--------|

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|----------------|------|------|-----|--------|
| Chloe Richards | Looe | 29.6 | Par | 20-Jun |
|----------------|------|------|-----|--------|

|                |     |      |           |        |
|----------------|-----|------|-----------|--------|
| Amber McGregor | Ply | 29.7 | Carn Brea | 09-Jun |
|----------------|-----|------|-----------|--------|

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|--------------|-----|------|-----------|--------|
| Hannah Isles | CAC | 29.9 | Carn Brea | 20-May |
|--------------|-----|------|-----------|--------|

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|------------------|---------|------|-----|--------|
| Shelley Walmsley | Brannel | 29.9 | Par | 20-Jun |
|------------------|---------|------|-----|--------|

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|----------------|-----|------|--------|--------|
| Olivia Ballard | CAC | 30.0 | Yeovil | 27-May |
|----------------|-----|------|--------|--------|

|              |         |      |           |        |
|--------------|---------|------|-----------|--------|
| Sarah Bonner | Bolitho | 30.8 | Carn Brea | 15-Jul |
|--------------|---------|------|-----------|--------|

**300m**

|                      |             |  |  |             |
|----------------------|-------------|--|--|-------------|
| <b>County Record</b> | <b>41.8</b> |  |  | <b>46.0</b> |
|----------------------|-------------|--|--|-------------|

Appears to be a UK Age 12 record - but not likely count due to insufficient graded officials

|                |     |      |     |        |
|----------------|-----|------|-----|--------|
| Lamorna Newman | CAC | 41.8 | Par | 06-May |
|----------------|-----|------|-----|--------|

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| National Grade 1 |  | 42.0 |  |  |
|------------------|--|------|--|--|

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| National Grade 2 |  | 43.3 |  |  |
|------------------|--|------|--|--|

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|------------------|-----|------|-----|--------|
| Anne-Marie Keast | N&P | 44.2 | Par | 08-Apr |
|------------------|-----|------|-----|--------|

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| National Grade 3 |  | 45.0 |  |  |
|------------------|--|------|--|--|

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|-------------|-----|------|-----------|--------|
| Ellie Starr | CAC | 45.9 | Carn Brea | 12-Aug |
|-------------|-----|------|-----------|--------|

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| National Grade 4 |  | 47.0 |  |  |
|------------------|--|------|--|--|

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|--------------|-----|------|-----------|--------|
| Hannah Isles | CAC | 47.8 | Carn Brea | 13-May |
|--------------|-----|------|-----------|--------|

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|--------------|-----|------|-----------|--------|
| Freya Glover | CAC | 52.5 | Carn Brea | 13-May |
|--------------|-----|------|-----------|--------|

|                  |          |      |            |        |
|------------------|----------|------|------------|--------|
| E Lewis-Plunkett | Polwhele | 53.7 | Birmingham | 02-Jul |
|------------------|----------|------|------------|--------|

**600m**

|                      |              |  |  |  |
|----------------------|--------------|--|--|--|
| <b>County Record</b> | <b>01:45</b> |  |  |  |
|----------------------|--------------|--|--|--|

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|------------------|-----|--------|-----|--------|
| Anne-Marie Keast | N&P | 1:40.9 | Par | 08-Apr |
|------------------|-----|--------|-----|--------|

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|-------------|-----|--------|-----|--------|
| Zoe Howarth | N&P | 1:55.6 | Par | 08-Apr |
|-------------|-----|--------|-----|--------|

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|----------------|-----|--------|-----|--------|
| Hollie Startup | N&P | 2:00.8 | Par | 08-Apr |
|----------------|-----|--------|-----|--------|

|                 |     |        |     |        |
|-----------------|-----|--------|-----|--------|
| Simone Spilling | N&P | 2:02.5 | Par | 08-Apr |
|-----------------|-----|--------|-----|--------|

**800m**

|                         |  |               |            |              |
|-------------------------|--|---------------|------------|--------------|
| <b>County Record</b>    | <b>2.10.78 UK All Time - 16th Jess Hicks</b> |               |            | <b>02:28</b> |
| Annabel Gummow          | CAC  | 2.19.29       | Exeter     | 01-Jul       |
| <b>National Grade 1</b> |  | <b>2.21.0</b> |            |              |
| Anne-Marie Keast        | N&P  | 2.23.02       | Birmingham | 13-Jul       |
| <b>National Grade 2</b> |  | <b>2.26.5</b> |            |              |
| April Hogg              | N&P  | 2.28.7        | Exeter     | 02-Sep       |
| Amy Rundle              | CAC  | 2.29.6        | Exeter     | 02-Jul       |
| Hannah Isles            | CAC/Redruth                                  | 2.30.9        | Carn Brea  | 09-Jun       |
| <b>National Grade 3</b> |  | <b>2.31.0</b> |            |              |
| Ellie Starr             | CAC  | 2.31.48       | Street     | 13-May       |
| Olivia Ballard          | CAC/Penair                                   | 2.32.3        | Carn Brea  | 12-Aug       |
| Freya Glover            | CAC  | 2.32.9        | Exeter     | 26-Jun       |
| Elisha Hurst            | CAC  | 2.34.6        | Carn Brea  | 12-Aug       |
| Sarah Bonner            | Bolitho                                      | 2.37.1        | Carn Brea  | 15-Jul       |
| Caitlin Mulroy          | CAC  | 2.37.5        | Carn Brea  | 13-May       |
| Dara Maddern            | Roseland                                     | 2.37.9        | Par        | 23-May       |
| <b>National Grade 4</b> |  | <b>2.38.5</b> |            |              |
| Holly Brown             | Roseland                                     | 2.39.1        | Exeter     | 24-Jun       |
| Philippa Brett          | N&P  | 2.39.48       | Street     | 07-May       |
| Katie Dunford           | Falmouth                                     | 2.40.9        | Carn Brea  | 09-Jun       |
| Courtney Shore          | Penrice                                      | 2.41.9        | Par        | 23-May       |
| Simone Spilling         | N&P  | 2.46.4        | Yeovil     | 22-Apr       |
| Hollie Startup          | N&P  | 2.47.3        | Par        | 02-Jun       |
| Janine Wee              | CAC  | 2.48.0        | Exeter     | 24-Apr       |
| Zoe Howarth             | N&P  | 2.49.0        | Carn Brea  | 13-May       |

**1500m**

|                         |   |               |           |              |
|-------------------------|---|---------------|-----------|--------------|
| <b>County Record</b>    | <b>4.29.9 UK All Time - 7th - Heidi Hosking</b> |               |           | <b>05:10</b> |
| Annabel Gummow          | CAC   | 4.38.63       | Sheffield | 11-Aug       |
| <b>National Grade 1</b> |   | <b>4.52.0</b> |           |              |
| April Hogg              | N&P   | 5.01.3        | Exeter    | 10-Jun       |
| <b>National Grade 2</b> |   | <b>5.04.0</b> |           |              |
| Hannah Isles            | CAC   | 5.14.3        | Exeter    | 31-Jul       |
| <b>National Grade 3</b> |   | <b>5.14.5</b> |           |              |
| Amy Rundle              | CAC   | 5.17.8        | Carn Brea | 13-May       |
| Olivia Ballard          | CAC   | 5.21.8        | Yeovil    | 27-May       |
| Freya Glover            | CAC   | 5.21.8        | Exeter    | 31-Jul       |
| Esme Kerton             | Richard Lander                                  | 5.30.6        | Carn Brea | 10-Jun       |
| <b>National Grade 4</b> |   | <b>5.33.5</b> |           |              |
| Anne-Marie Keast        | N&P   | 5.33.6        | Crawley   | 01-Sep       |
| Ellie Starr             | CAC   | 5.39.0        | Carn Brea | 12-Aug       |
| Janine Wee              | CAC   | 5.39.68       | Street    | 07-May       |
| Mia Burt                | N&P   | 5.41.2        | Carn Brea | 13-May       |
| Anna Ashbridge          | CAC   | 5.45.1        | Carn Brea | 13-May       |
| Anne-Marie Keast        | Brannel   | 5.45.2        | Par       | 20-Jun       |
| Jenna Kistle            | CAC   | 5.47.3        | Carn Brea | 15-Jul       |
| R.Trevorrow             | St Ives   | 5.51.7        | Carn Brea | 10-Jun       |
| Hayley Fowle            | Liskeard  | 5.55.2        | Par       | 20-Jun       |
| Lucy Rickett            | Richard Lander                                  | 5.56.9        | Carn Brea | 10-Jun       |
| Miranda Vercoe          | Truro High                                      | 6.02.6        | Par       | 20-Jun       |
| Hollie Startup          | Fowey   | 6.03.6        | Carn Brea | 10-Jun       |
| Bethany Bygrave         | N&P   | 6.03.9        | Carn Brea | 20-Jun       |

**1 Mile**

|                      |               |        |           |              |
|----------------------|---------------|--------|-----------|--------------|
| <b>County Record</b> | <b>5.26.9</b> |        |           | <b>05:35</b> |
| April Hogg           | N&P           | 5.47.5 | Carn Brea | 20-May       |
| Jenna Kistle         | CAC           | 6.36.7 | Carn Brea | 20-May       |

**2000m**

|                      |     |        |     |        |
|----------------------|-----|--------|-----|--------|
| <b>County Record</b> |     |        |     |        |
| Amy Rundle           | CAC | 7.28.7 | Par | 08-Apr |

**3000m**

|                      |     |         |        |              |
|----------------------|-----|---------|--------|--------------|
| <b>County Record</b> |     |         |        | <b>11:15</b> |
| Amy Rundle           | CAC | 12.06.1 | Exeter | 05-Aug       |
| Laura Rogers         | CoP | 13.30   |        | Nov          |

**1000m Walk****75m Hurdles**

|                         |             |             |             |             |
|-------------------------|-------------|-------------|-------------|-------------|
| <b>County Record</b>    | <b>11.5</b> |             |             | <b>12.8</b> |
| <b>National Grade 1</b> |             | <b>12.0</b> |             |             |
| Holly Brown             | N&P         | 12.5        | 0.32 Exeter | 24-Jun      |
| Brown                   | Cwll Schs   | 12.66       | 0.4 Exeter  | 16-Sep      |
| <b>National Grade 2</b> |             | <b>12.5</b> |             |             |
| Philippa Brett          | N&P         | 12.6        | Carn Brea   | 09-Jun      |
| Brett                   | Cwll Schs   | 12.73       | 0.5 Yeovil  | 16-Jun      |
| Anne-Marie Keast        | N&P         | 12.8        | 0.08 Exeter | 24-Jun      |
| <b>National Grade 3</b> |             | <b>13.0</b> |             |             |
| Sally Fish              | Penrice     | 13.6        | Carn Brea   | 09-Jun      |

|                         |              |             |              |        |
|-------------------------|--------------|-------------|--------------|--------|
| Freya Van Hoorn         | CAC          | 13.8        | Exeter       | 10-Jun |
| Heather Fulcher         | Budehaven    | 13.8        | Par          | 20-Jun |
| Charlotte Rule          | CAC/Redruth  | 14.1        | Carn Brea    | 09-Jun |
| <b>National Grade 4</b> |              | <b>14.3</b> |              |        |
| Jessie Boulton          | Humphry Davy | 14.5        | Par          | 20-Jun |
| Kitty Byrne             | CAC/Truro    | 14.6        | Par          | 23-May |
| Dara Maddern            | Roseland     | 14.7        | Par          | 23-May |
| Holly Keveren           | Truro        | 14.7        | Par          | 23-May |
| Megan Opie              | Truro        | 15.0        | Par          | 23-May |
| Emily Harris            | Truro        | 15.2        | Par          | 23-May |
| Sophie Wilson           | Mts Bay      | 15.2        | Par          | 23-May |
| Charlie Francis         | Wade         | 15.3        | Par          | 23-May |
| Robyn Griffin           | Wade         | 15.3        | Par          | 23-May |
| Laura Dickson           | Wade         | 15.4        | Par          | 23-May |
| Ashley Raymond          | Torpoint     | 15.6        | Par          | 20-Jun |
| Holly Percy             | Helston      | 15.6        | Par          | 20-Jun |
| Olivia Ballard          | Penair       | 15.6        | -0.79 Exeter | 24-Jun |

### 300m Hurdles

#### County Record

|             |     |      |        |        |
|-------------|-----|------|--------|--------|
| Kitty Byrne | CAC | 53.7 | Exeter | 01-Jul |
|-------------|-----|------|--------|--------|

### 4 x 100m Relay

#### County Record

**52.5 (51.8 County Schools)**

**53.5**

|                   |  |       |            |        |
|-------------------|--|-------|------------|--------|
| Cornwall Schools  |  | 52.51 | Yeovil     | 16-Jun |
| Newquay & Par     |  | 53.1  | Portsmouth | 07-Jul |
| Cornwall AC       |  | 55.6  | Exeter     | 10-Jun |
| Richard Lander    |  | 58.4  | Par        | 20-Jun |
| Truro             |  | 58.5  | Par        | 20-Jun |
| Brannel           |  | 58.7  | Par        | 20-Jun |
| Liskeard          |  | 58.9  | Par        | 20-Jun |
| Redruth           |  | 59.3  | Par        | 20-Jun |
| Saltash           |  | 59.5  | Carn Brea  | 09-Jun |
| Penair            |  | 59.6  | Par        | 20-Jun |
| Helston           |  | 59.8  | Par        | 20-Jun |
| Looe              |  | 60.2  | Carn Brea  | 09-Jun |
| Mounts Bay        |  | 61.6  | Par        | 20-Jun |
| Budehaven         |  | 61.7  | Par        | 20-Jun |
| Hayle             |  | 61.9  | Par        | 20-Jun |
| Truro High School |  | 63.4  | Carn Brea  | 13-May |

### 4 x 200m Relay

#### County Record

**1.52.5**

**02:00**

|  |     |        |           |        |
|--|-----|--------|-----------|--------|
| County Team  |     | 1.52.5 | Carn Brea | 20-Sep |
| Lamorna Newman, Holly Brown, Philippa Brett & Anne-Marie Keast |     |        |           |        |
| Newquay & Par  | N&P | 2.04.2 | Par       | 08-Apr |

### High Jump

#### County Record

**1.68**

**1.45**

|                         |                |             |              |        |
|-------------------------|----------------|-------------|--------------|--------|
| <b>National Grade 1</b> |                | <b>1.60</b> |              |        |
| Holly Brown             | N&P/Cwll Schs  | 1.57        | Exeter       | 05-Aug |
| Megan Opie              | Truro          | 1.54        | Exeter       | 05-Aug |
| <b>National Grade 2</b> |                | <b>1.50</b> |              |        |
| Anne-Marie Keast        | N&P/Brannel    | 1.46        | Exeter       | 16-Sep |
| Freya van Hoorn         | CAC            | 1.45        | Yeovil       | 22-Apr |
| Philippa Brett          | N&P            | 1.45        | Exeter       | 01-Jul |
| <b>National Grade 3</b> |                | <b>1.45</b> |              |        |
| BG Jones                | Bolitho        | 1.40        | Carn Brea    | 09-Jun |
| Olivia Ballard          | CAC/Penair     | 1.36        | Exeter       | 24-Jun |
| <b>National Grade 4</b> |                | <b>1.36</b> |              |        |
| Emma Pearn              | CAC            | 1.35        | Yeovil       | 22-Apr |
| Charlotte Rule          | CAC            | 1.35        | Carn Brea    | 09-Jun |
| Hannah Cox              | Wade           | 1.30        | Par          | 23-May |
| Sophie Wilson           | Mts Bay        | 1.30        | Par          | 23-May |
| Alex Cox                | Fowey          | 1.30        | Par          | 20-Jun |
| Bobbie Darrock          | Bodmin         | 1.30        | Par          | 20-Jun |
| Emily Harris            | Truro          | 1.30        | Par          | 20-Jun |
| Ginny Thomas            | Richard Lander | 1.30        | Par          | 20-Jun |
| Katya Smirnova          | Helston        | 1.30        | Par          | 20-Jun |
| Sarah Arthur            | Liskeard       | 1.30        | Par          | 20-Jun |
| Zoe Howarth             | N&P            | 1.30        | Carn Brea    | 15-Jul |
| Lamorna Newman          | CAC            | 1.30        | SH Carn Brea | 22-Oct |
| Alice Ford              | Tru H          | 1.25        | Carn Brea    | 13-May |
| Alex Jeffries           | Truro High     | 1.25        | Par          | 23-May |
| Alice Aindow            | Roseland       | 1.25        | Par          | 23-May |
| Hannah Reed             | Truro          | 1.25        | Par          | 23-May |
| Heather Fulcher         | Bude           | 1.25        | Par          | 23-May |
| Julia Nilsson           | Truro          | 1.25        | Par          | 23-May |
| Matilda Allerfelot      | Truro High     | 1.25        | Par          | 23-May |



|                         |                |              |           |        |
|-------------------------|----------------|--------------|-----------|--------|
| Caroline Harvey         | N&P            | 21.33        | Par       | 16-Sep |
| Freya Glover            | Humphry Davy   | 19.32        | Par       | 20-Jun |
| <b>National Grade 3</b> |                | <b>19.15</b> |           |        |
| Lucy Roberts-Clarke     | CAC/Richard L  | 18.72        | Carn Brea | 09-Jun |
| Lamorna Newman          | CAC/Helston    | 17.81        | Carn Brea | 17-Aug |
| Sophie Kingsley-Tubbs   | Richard Lander | 16.88        | Par       | 20-Jun |
| Charlie Notman          | N&P            | 16.23        | Crawley   | 01-Sep |
| Ellie Starr             | CAC            | 16.07        | Yeovil    | 27-May |
| Rebecca Wood            | Penair         | 15.77        | Par       | 20-Jun |
| Alana Jones             | Truro High     | 15.46        | Carn Brea | 09-Jun |
| Kitty Byrne             | CAC            | 15.27        | Yeovil    | 27-May |

|                         |  |              |  |  |
|-------------------------|--|--------------|--|--|
| <b>National Grade 4</b> |  | <b>15.15</b> |  |  |
|-------------------------|--|--------------|--|--|

|                |            |       |         |        |
|----------------|------------|-------|---------|--------|
| Amber McGregor | Ply        | 15.12 | Crawley | 28-Apr |
| Tamsyn Joll    | Callington | 14.69 | Par     | 20-Jun |
| Rebecca Mark   | N&P        | 14.56 | Par     | 16-Sep |
| L Williams     | Wadebridge | 14.54 | Par     | 20-Jun |
| Jasmine Lane   | Redruth    | 14.35 | Par     | 20-Jun |
| Mel Price      | Treviglas  | 14.15 | Par     | 20-Jun |
| Emily Cowling  | Bodmin     | 13.69 | Par     | 20-Jun |
| Olivia Ballard | CAC        | 13.60 | Exeter  | 10-Jun |
| Claire May     | N&P        | 13.24 | Crawley | 01-Sep |
| Cassie Ringham | Brannel    | 13.18 | Par     | 20-Jun |

**Hammer (3kg)**

**County Record 28.49**

|                 |     |       |           |        |
|-----------------|-----|-------|-----------|--------|
| Sally Fish      | N&P | 18.94 | Carn Brea | 12-Aug |
| Caroline Harvey | N&P | 17.06 | Carn Brea | 12-Aug |

**Javelin**

**County Record 35.10 25.00**

**National Grade 1 28.70**

|                  |         |       |            |        |
|------------------|---------|-------|------------|--------|
| Sally Fish       | Penrice | 25.76 | Yeovil     | 16-Jun |
| Anne-Marie Keast | N&P     | 25.76 | Portsmouth | 07-Jul |

**National Grade 2 24.25**

|                 |          |       |           |        |
|-----------------|----------|-------|-----------|--------|
| Nicole Richards | Mounts B | 22.57 | Carn Brea | 09-Jun |
|-----------------|----------|-------|-----------|--------|

**National Grade 3 20.50**

|                  |           |       |           |        |
|------------------|-----------|-------|-----------|--------|
| Nikita Marsh     | Treviglas | 19.90 | Par       | 20-Jun |
| Amber McGregor   | Ply       | 19.39 | Plymouth  | 01-Apr |
| Daisy Allen      | Truro     | 18.79 | Par       | 20-Jun |
| Danni Hewitson   | Poltair   | 18.55 | Par       | 20-Jun |
| Rebecca Mark     | N&P       | 18.55 | Par       | 16-Sep |
| Emily Shipwright | Penair    | 18.52 | Par       | 20-Jun |
| Elaine Fung      | Tru H     | 17.49 | Carn Brea | 13-May |
| Ruby Bunt        | N&P       | 16.27 | Carn Brea | 13-May |

**National Grade 4 16.10**

|                 |               |       |           |        |
|-----------------|---------------|-------|-----------|--------|
| Philippa Brett  | N&P           | 16.03 | Exeter    | 30-Sep |
| Emma Pearn      | CAC           | 15.60 | Yeovil    | 22-Apr |
| Charlie Francis | Wadebridge    | 15.60 | Par       | 20-Jun |
| Katie Jelbert   | Mounts Bay    | 15.45 | Par       | 20-Jun |
| Imogen Brooks   | Humphry Davy  | 14.84 | Par       | 20-Jun |
| Kelly Maunder   | Cape Cornwall | 14.75 | Par       | 20-Jun |
| Brianne Homes   | Saltash       | 14.23 | Carn Brea | 09-Jun |
| Alice Main      | Truro         | 13.76 | Carn Brea | 13-May |
| Freya Glover    | CAC           | 13.60 | Carn Brea | 15-Jul |

**Pentathlon**

**County Record 2985 1750**

**National Grade 1 2800**

|                  |          |      |        |        |
|------------------|----------|------|--------|--------|
| Anne-Marie Keast | Brannel  | 2640 | Exeter | 16-Sep |
| Holly Brown      | Roseland | 2639 | Exeter | 16-Sep |

**National Grade 2 2575**

|                |         |      |        |        |
|----------------|---------|------|--------|--------|
| Philippa Brett | Poltair | 2351 | Exeter | 24-Jun |
|----------------|---------|------|--------|--------|

**National Grade 3 2325**

|                |            |      |        |        |
|----------------|------------|------|--------|--------|
| Freya Van Hoom | Truro High | 2075 | Par    | 23-May |
| Megan Opie     | Truro      | 2070 | Par    | 23-May |
| Olivia Ballard | Penair     | 1977 | Exeter | 24-Jun |

**National Grade 4 1920**

|                 |          |      |     |        |
|-----------------|----------|------|-----|--------|
| Dara Maddern    | Roseland | 1875 | Par | 23-May |
| Hannah Cox      | Wade     | 1871 | Par | 23-May |
| Holly Keveren   | Truro    | 1764 | Par | 23-May |
| Kitty Byrne     | Truro    | 1721 | Par | 23-May |
| Sophie Wilson   | Mts Bay  | 1712 | Par | 23-May |
| Emily Harris    | Truro    | 1710 | Par | 23-May |
| Heather Fulcher | Bude     | 1685 | Par | 23-May |
| Courtney Shore  | Penrice  | 1583 | Par | 23-May |
| Hannah Reed     | Truro    | 1565 | Par | 23-May |
| Emily Edwards   | Truro    | 1542 | Par | 23-May |
| Imogen Harry    | Mts Bay  | 1528 | Par | 23-May |
| Laura Dickson   | Wade     | 1491 | Par | 23-May |
| Kirsty Innard   | Penair   | 1469 | Par | 23-May |
| Cajame Chanter  | Truro    | 1462 | Par | 23-May |

**Cornwall County Rankings - Oct 06 - Date**

As at 30 September 2007

**U17 Women****100m**

|                         |               |             |      |           |             |
|-------------------------|---------------|-------------|------|-----------|-------------|
| <b>County Record</b>    | <b>12.3</b>   |             |      |           | <b>13.0</b> |
| Deborah Fleming         | CAC/Cwll Schs | 12.5        |      | Exeter    | 31-Jul      |
| Fleming                 |               | 12.52       | -0.2 | Belgium   | 18-Aug      |
| <b>National Grade 1</b> |               | <b>12.5</b> |      |           |             |
| Sarah Williamson        | CAC           | 12.7        |      | Exeter    | 15-Apr      |
| <b>National Grade 2</b> |               | <b>12.8</b> |      |           |             |
| Katie Hewitt            | CAC           | 12.9        |      | Carn Brea | 12-Aug      |
| Christie Smith          | Helston       | 13.1        |      | Exeter    | 01-Jul      |
| Emma Wagstaff           | Mullion       | 13.1        |      | Carn Brea | 12-Aug      |
| <b>National Grade 3</b> |               | <b>13.1</b> |      |           |             |
| Nicola George           | N&P           | 13.4        |      | Exeter    | 01-Jul      |
| <b>National Grade 4</b> |               | <b>13.5</b> |      |           |             |
| Anna Sharrock           | N&P           | 13.8        |      | Yeovil    | 22-Apr      |
| Vicky Mark              | N&P           | 13.9        |      | Oxford    | 28-Apr      |
| Danielle Eathorne       | Richard L     | 14.3        |      | Carn Brea | 09-Jun      |
| Emma Baker              | LAC           | 14.5        |      | Par       | 08-Apr      |
| Georgina Sherriff       | Tru H         | 14.8        |      | Carn Brea | 13-May      |

**150m**

|               |     |      |  |     |        |
|---------------|-----|------|--|-----|--------|
| Nicola George | N&P | 21.5 |  | Par | 08-Apr |
|---------------|-----|------|--|-----|--------|

**200m**

|                         |             |             |      |           |             |
|-------------------------|-------------|-------------|------|-----------|-------------|
| <b>County Record</b>    | <b>25.7</b> |             |      |           | <b>27.0</b> |
| <b>National Grade 1</b> |             | <b>25.7</b> |      |           |             |
| Deborah Fleming         | CAC         | 26.2        |      | Carn Brea | 12-Aug      |
| <b>National Grade 2</b> |             | <b>26.3</b> |      |           |             |
| Sarah Williamson        | CAC         | 26.6        |      | Carn Brea | 09-Jun      |
| Katie Hewitt            | CAC         | 26.6        |      | Exeter    | 01-Jul      |
| Hewitt                  |             | 26.70 w     | 2.2  | Exeter    | 05-Aug      |
| Hewitt                  |             | 26.92       | 0.9  | Swansea   | 17-Jun      |
| <b>National Grade 3</b> |             | <b>26.9</b> |      |           |             |
| Christie Smith          | Helston/CAC | 27.2        |      | Carn Brea | 09-Jun      |
| Smith                   |             | 27.58       | -0.6 | Yeovil    | 16-Jun      |
| Nicola George           | N&P         | 27.3        |      | Exeter    | 01-Jul      |
| Vicky Mark              | N&P         | 27.5 w      | 3.0  | Exeter    | 23-Jun      |
| Mark                    |             | 27.6        |      | Carn Brea | 09-Jun      |
| <b>National Grade 4</b> |             | <b>27.7</b> |      |           |             |
| Anna Sharrock           | N&P         | 27.8        |      | Exeter    | 02-Sep      |
| Rosie Dunford           | Falmouth    | 28.4        |      | Carn Brea | 09-Jun      |
| Jenny George            | N&P         | 29.6        |      | Exeter    | 02-Sep      |
| Joanna Murray           | Penair      | 29.3        |      | Carn Brea | 09-Jun      |
| Chloe Faulkner          | N Treth     | 31.2        |      | Carn Brea | 09-Jun      |
| Kim Butler              | N Treth     | 31.2        |      | Carn Brea | 09-Jun      |
| J Wright                | Looe        | 32.8        |      | Carn Brea | 09-Jun      |
| Lauren Lowe             | Bodmin      | 33.3        |      | Carn Brea | 09-Jun      |

**300m**

|                         |             |             |  |           |             |
|-------------------------|-------------|-------------|--|-----------|-------------|
| <b>County Record</b>    | <b>40.2</b> |             |  |           | <b>45.0</b> |
| <b>National Grade 1</b> |             | <b>41.5</b> |  |           |             |
| Nicola George           | N&P         | 41.9        |  | Carn Brea | 20-May      |
| Katie Hewitt            | CAC         | 42.3        |  | Carn Brea | 12-Aug      |
| <b>National Grade 2</b> |             | <b>42.7</b> |  |           |             |
| Sarah Williamson        | CAC         | 42.9        |  | Exeter    | 15-Apr      |
| Anna Sharrock           | N&P         | 43.1        |  | Carn Brea | 13-May      |
| Clare Regan             | CAC         | 43.6        |  | Yeovil    | 27-May      |
| <b>National Grade 3</b> |             | <b>44.0</b> |  |           |             |
| Charlotte Hurst         | CAC         | 44.8        |  | Carn Brea | 12-Aug      |
| Georgia Maughan         | Richard L   | 45.5        |  | Carn Brea | 09-Jun      |
| <b>National Grade 4</b> |             | <b>46.1</b> |  |           |             |
| Jade Norton             | N&P         | 46.6        |  | Carn Brea | 13-May      |
| Rachel Cassier          | Richard L   | 48.4        |  | Carn Brea | 09-Jun      |
| Jenny George            | N&P         | 49.3        |  | Carn Brea | 13-May      |

**400m**

|                         |             |             |  |          |             |
|-------------------------|-------------|-------------|--|----------|-------------|
| <b>County Record</b>    | <b>58.1</b> |             |  |          | <b>63.0</b> |
| <b>National Grade 1</b> |             | <b>57.2</b> |  |          |             |
| <b>National Grade 2</b> |             | <b>58.6</b> |  |          |             |
| <b>National Grade 3</b> |             | <b>59.3</b> |  |          |             |
| <b>National Grade 4</b> |             | <b>60.8</b> |  |          |             |
| Anna Sharrock           | N&P         | 61.1        |  | Plymouth | 19-May      |
| Vicky Mark              | N&P         | 62.8        |  | Walton   | 02-Jun      |
| Deborah Fleming         | CAC         | 65.3        |  | Exeter   | 31-Jul      |

**600m**

|                      |     |        |  |     |              |
|----------------------|-----|--------|--|-----|--------------|
| <b>County Record</b> |     |        |  |     | <b>01:44</b> |
| Nicola George        | N&P | 1.46.5 |  | Par | 08-Apr       |

**800m**

|                         |                |                                       |  |           |              |
|-------------------------|----------------|---------------------------------------|--|-----------|--------------|
| <b>County Record</b>    | <b>2.06.51</b> | <b>UK All Time -9th - Dani Barnes</b> |  |           | <b>02:25</b> |
| Anna Sharrock           | N&P            | 2.15.78                               |  | Street    | 07-May       |
| <b>National Grade 1</b> |                | <b>2.16.5</b>                         |  |           |              |
| <b>National Grade 2</b> |                | <b>2.21.5</b>                         |  |           |              |
| Nicola George           | N&P            | 2.22.3                                |  | Exeter    | 24-Apr       |
| Charlotte Hurst         | CAC            | 2.25.6                                |  | Carn Brea | 13-May       |
| <b>National Grade 3</b> |                | <b>2.26.0</b>                         |  |           |              |
| Jessica Hicks           | N&P            | 2.26.7                                |  | Plymouth  | 01-Apr       |
| Claire Regan            | CAC            | 2.28.5                                |  | Carn Brea | 13-May       |
| Jade Norton             | N&P            | 2.29.3                                |  | Exeter    | 26-Jun       |
| <b>National Grade 4</b> |                | <b>2.32.5</b>                         |  |           |              |
| Lizzie Gard             | CAC/Penair     | 2.33.1                                |  | Par       | 23-May       |

|                  |            |         |           |        |
|------------------|------------|---------|-----------|--------|
| Jenny George     | N&P        | 2.38.93 | Street    | 07-May |
| Katie Hutton     | Truro      | 2.40.1  | Carn Brea | 13-May |
| Laura-Beth Reeks | Richard L  | 2.43.7  | Carn Brea | 09-Jun |
| Deborah Fleming  | CAC        | 2.48.8  | Yeovil    | 22-Apr |
| Vicky Mark       | N&P/Fowey  | 2.49.2  | Par       | 23-May |
| Katie Howard     | Brannel    | 2.52.9  | Par       | 23-May |
| Joanna Murray    | CAC/Penair | 3.00.3  | Par       | 23-May |
| Verity Park      | Truro High | 3.01.8  | Par       | 23-May |
| Abi Anderson     | Truro High | 3.18.9  | Par       | 23-May |
| Steph Taylor     | Truro High | 3.23.1  | Par       | 23-May |
| Anya Stevenson   | Truro High | 3.24.8  | Par       | 23-May |
| Danni Jones      | Truro High | 3.27.7  | Par       | 23-May |

**1500m**  
**County Record** 4.23.96 UK All Time - 22nd - Zoe Jelbert **05:05**

|                  |         |        |           |        |
|------------------|---------|--------|-----------|--------|
| National Grade 1 |         | 4.43.5 |           |        |
| National Grade 2 |         | 4.55.5 |           |        |
| Anna Sharrock    | N&P     | 4.59.8 | Bromley   | 29-Jul |
| National Grade 3 |         | 5.04.5 |           |        |
| Nicola George    | N&P     | 5.09.2 | Exeter    | 31-Jul |
| Lizzie Gard      | CAC     | 5.13.9 | Yeovil    | 27-May |
| Heidi Cotton     | CAC     | 5.15.5 | Carn Brea | 12-Aug |
| Jade Norton      | N&P     | 5.15.7 | Carn Brea | 09-Jun |
| National Grade 4 |         | 5.20.5 |           |        |
| Katie Howard     | Brannel | 5.38.4 | Carn Brea | 09-Jun |

**1 Mile**  
**County Record** 5.02.5 **05:30**

**3000m**  
**County Record** 9.24.40 Mx (UK All time -9:35.46- 15th Dani Barnes) **11.00**

|                  |     |         |           |        |
|------------------|-----|---------|-----------|--------|
| National Grade 1 |     | 10.17.5 |           |        |
| National Grade 2 |     | 10.44.5 |           |        |
| National Grade 3 |     | 11.08.0 |           |        |
| Lizzie Gard      | CAC | 11.36.5 | Exeter    | 01-Jul |
| Bethany Alston   | CAC | 11.51.9 | Carn Brea | 09-Jun |
| National Grade 4 |     | 11.55.0 |           |        |
| Jessica Hicks    | N&P | 14.11.1 | Yeovil    | 22-Apr |

**80m Hurdles**  
**County Record** 11.6 **13.0**

|                  |             |           |           |        |
|------------------|-------------|-----------|-----------|--------|
| National Grade 1 |             | 11.9      |           |        |
| National Grade 2 |             | 12.3      |           |        |
| National Grade 3 |             | 12.8      |           |        |
| Sarah Williamson | CAC/Penair  | 13.4      | Par       | 23-May |
| Philippa Brett   | U15 N&P     | 13.5 -0.4 | Exeter    | 29-Sep |
| Vicky Mark       | N&P/Fowey   | 13.6 0.8  | Exeter    | 23-Jun |
| National Grade 4 |             | 13.7      |           |        |
| Jessica Hicks    | N&P/Polfair | 14.2      | Par       | 23-May |
| Freya van Horn   | U15 CAC     | 14.4      | Yeovil    | 27-May |
| Holly Brown      | U15 N&P     | 14.4      | Carn Brea | 19-Aug |
| Katie Howard     | Brannel     | 14.7      | Par       | 23-May |
| Phoebe Moon      | Tru H       | 15.1      | Carn Brea | 13-May |
| Joanna Murray    | CAC/Penair  | 16.1      | Par       | 23-May |
| Emma Nightingale | CAC/Tru H   | 17.0      | Par       | 23-May |
| Verity Park      | Truro High  | 17.3      | Par       | 23-May |
| Anya Stevenson   | Truro High  | 17.5      | Par       | 23-May |
| Lizzie Gard      | CAC/Penair  | 17.6      | Par       | 23-May |
| Danni Jones      | Truro High  | 18.4      | Par       | 23-May |
| Abi Anderson     | Truro High  | 19.6      | Par       | 23-May |
| Steph Taylor     | Truro High  | 25.9      | Par       | 23-May |

**300m Hurdles**  
**County Record** 46.2 **50.0**

|                  |         |      |        |        |
|------------------|---------|------|--------|--------|
| National Grade 1 |         | 45.5 |        |        |
| National Grade 2 |         | 47.1 |        |        |
| National Grade 3 |         | 49.0 |        |        |
| Jessica Hicks    | N&P     | 49.8 | Yeovil | 22-Apr |
| National Grade 4 |         | 51.9 |        |        |
| Jenny George     | N&P     | 50.8 | Exeter | 01-Jul |
| Holly Harper     | CAC/N&P | 53.4 | Oxford | 28-Apr |

**2000m Steeplechase**  
**County Record** 8.18.6

**4 x 100m Relay**  
**County Record** 51.4 (50.27 County Schools) **53.0**

|                   |       |           |        |
|-------------------|-------|-----------|--------|
| Cornwall Schools  | 50.27 | Yeovil    | 16-Jun |
| Penair            | 52.4  | Carn Brea | 09-Jun |
| Cornwall AC       | 54.6  | Carn Brea | 20-Sep |
| Richard Lander    | 55.3  | Carn Brea | 09-Jun |
| Truro High School | 58.1  | Carn Brea | 13-May |

**4 x 200m Relay**  
**County Record** 2.06.9

|   |        |           |        |
|---|--------|-----------|--------|
| Cornwall AC   | 2.06.9 | Carn Brea | 20-Sep |
| Rebecca Trevena, Charlotte Drew, Emily & Emily Wagstaff |        |           |        |

**4 x 400m Relay**  
**County Record** 4.18.2 **04:25**

|               |        |           |        |
|---------------|--------|-----------|--------|
| Newquay & Par | 4.19.0 | Carn Brea | 13-May |
| Cornwall AC   | 4.28.2 | Exeter    | 10-Jun |

**High Jump**  
**County Record** 1.66 **1.52**

|                  |            |      |        |        |
|------------------|------------|------|--------|--------|
| Sarah Williamson | CAC/Penair | 1.65 | Exeter | 10-Jun |
| National Grade 1 |            | 1.65 |        |        |
| Emma Nightingale | CAC/Tru H  | 1.60 | Par    | 23-May |

|                     |            |      |            |        |
|---------------------|------------|------|------------|--------|
| National Grade 2    |            | 1.59 |            |        |
| National Grade 3    |            | 1.54 |            |        |
| Jessica Hicks       | N&P        | 1.50 | Plymouth   | 01-Apr |
| Deborah Fleming     | CAC        | 1.50 | Exeter     | 02-Sep |
| National Grade 4    |            | 1.45 |            |        |
| Anya Stevenson      | Truro High | 1.40 | Par        | 23-May |
| Verity Park         | Truro High | 1.40 | Par        | 23-May |
| Vicky Mark          | N&P/Fowey  | 1.40 | Par        | 23-May |
| Katie Howard        | Brannel    | 1.35 | Par        | 23-May |
| Phoebe Moon         | Truro High | 1.35 | Par        | 23-May |
| Jenny George        | N&P        | 1.35 | Par        | 08-Apr |
| Anna Sharrock       | N&P        | 1.35 | Chelmsford | 31-Jul |
| Danni Jones         | Truro High | 1.30 | Par        | 23-May |
| Joanna Murray       | CAC/Penair | 1.25 | Par        | 23-May |
| Lizzie Gard         | CAC/Penair | 1.25 | Par        | 23-May |
| Steph Taylor        | Truro High | 1.15 | Par        | 23-May |
| Rebecca Everis-Jury | CAC        | 1.05 | Par        | 09-Sep |

### Pole Vault

|                      |  |      |        |             |
|----------------------|--|------|--------|-------------|
| <b>County Record</b> | <b>3.60 UK All time - 5th Jasmin Hicks</b> |      |        | <b>2.50</b> |
| Jessica Hicks        | N&P  | 1.95 | Yeovil | 22-Apr      |

### Long Jump

|                      |             |  |  |             |
|----------------------|-------------|--|--|-------------|
| <b>County Record</b> | <b>5.70</b> |  |  | <b>4.80</b> |
|----------------------|-------------|--|--|-------------|

|                  |  |      |  |  |
|------------------|--|------|--|--|
| National Grade 1 |  | 5.25 |  |  |
|------------------|--|------|--|--|

|              |     |      |         |        |
|--------------|-----|------|---------|--------|
| Holly Harper | CAC | 5.01 | Crawley | 01-Sep |
|--------------|-----|------|---------|--------|

|                  |  |      |  |  |
|------------------|--|------|--|--|
| National Grade 2 |  | 4.95 |  |  |
|------------------|--|------|--|--|

|               |     |      |           |        |
|---------------|-----|------|-----------|--------|
| Emma Wagstaff | CAC | 4.89 | Carn Brea | 12-Aug |
|---------------|-----|------|-----------|--------|

|              |     |      |           |        |
|--------------|-----|------|-----------|--------|
| Jenny George | N&P | 4.84 | Carn Brea | 09-Jun |
|--------------|-----|------|-----------|--------|

|            |     |      |          |        |
|------------|-----|------|----------|--------|
| Vicky Mark | N&P | 4.77 | Plymouth | 19-May |
|------------|-----|------|----------|--------|

|                  |  |      |  |  |
|------------------|--|------|--|--|
| National Grade 3 |  | 4.70 |  |  |
|------------------|--|------|--|--|

|             |     |      |        |        |
|-------------|-----|------|--------|--------|
| Clare Regan | CAC | 4.58 | Exeter | 10-Jun |
|-------------|-----|------|--------|--------|

|                  |            |      |     |        |
|------------------|------------|------|-----|--------|
| Sarah Williamson | CAC/Penair | 4.57 | Par | 23-May |
|------------------|------------|------|-----|--------|

|            |     |      |     |        |
|------------|-----|------|-----|--------|
| Emma Baker | LAC | 4.46 | Par | 08-Apr |
|------------|-----|------|-----|--------|

|                 |     |      |           |        |
|-----------------|-----|------|-----------|--------|
| Charlotte Hurst | CAC | 4.45 | Carn Brea | 12-Aug |
|-----------------|-----|------|-----------|--------|

|               |            |      |           |        |
|---------------|------------|------|-----------|--------|
| Joanna Murray | CAC/Penair | 4.42 | Carn Brea | 09-Jun |
|---------------|------------|------|-----------|--------|

|                  |  |      |  |  |
|------------------|--|------|--|--|
| National Grade 4 |  | 4.40 |  |  |
|------------------|--|------|--|--|

|               |             |      |     |        |
|---------------|-------------|------|-----|--------|
| Jessica Hicks | N&P/Poltair | 4.35 | Par | 23-May |
|---------------|-------------|------|-----|--------|

|              |         |      |     |        |
|--------------|---------|------|-----|--------|
| Katie Howard | Brannel | 4.23 | Par | 23-May |
|--------------|---------|------|-----|--------|

|                  |           |      |     |        |
|------------------|-----------|------|-----|--------|
| Emma Nightingale | CAC/Tru H | 3.95 | Par | 23-May |
|------------------|-----------|------|-----|--------|

|                |            |      |     |        |
|----------------|------------|------|-----|--------|
| Anya Stevenson | Truro High | 3.85 | Par | 23-May |
|----------------|------------|------|-----|--------|

|             |            |      |     |        |
|-------------|------------|------|-----|--------|
| Phoebe Moon | Truro High | 3.84 | Par | 23-May |
|-------------|------------|------|-----|--------|

|              |            |      |     |        |
|--------------|------------|------|-----|--------|
| Steph Taylor | Truro High | 3.67 | Par | 23-May |
|--------------|------------|------|-----|--------|

|             |            |      |     |        |
|-------------|------------|------|-----|--------|
| Verity Park | Truro High | 3.60 | Par | 23-May |
|-------------|------------|------|-----|--------|

|                  |       |      |           |        |
|------------------|-------|------|-----------|--------|
| Stephanie Taylor | Tru H | 3.59 | Carn Brea | 13-May |
|------------------|-------|------|-----------|--------|

|             |            |      |     |        |
|-------------|------------|------|-----|--------|
| Danni Jones | Truro High | 3.53 | Par | 23-May |
|-------------|------------|------|-----|--------|

|              |            |      |     |        |
|--------------|------------|------|-----|--------|
| Abi Anderson | Truro High | 3.34 | Par | 23-May |
|--------------|------------|------|-----|--------|

|             |            |      |     |        |
|-------------|------------|------|-----|--------|
| Lizzie Gard | CAC/Penair | 3.12 | Par | 23-May |
|-------------|------------|------|-----|--------|

|              |       |      |           |        |
|--------------|-------|------|-----------|--------|
| Megan Arnold | Tru H | 3.02 | Carn Brea | 13-May |
|--------------|-------|------|-----------|--------|

### Triple Jump

|                      |              |  |  |             |
|----------------------|--------------|--|--|-------------|
| <b>County Record</b> | <b>10.97</b> |  |  | <b>9.50</b> |
|----------------------|--------------|--|--|-------------|

|                  |  |       |  |  |
|------------------|--|-------|--|--|
| National Grade 1 |  | 11.05 |  |  |
|------------------|--|-------|--|--|

|              |     |       |        |        |
|--------------|-----|-------|--------|--------|
| Holly Harper | CAC | 10.71 | Yeovil | 16-Jun |
|--------------|-----|-------|--------|--------|

|                  |  |       |  |  |
|------------------|--|-------|--|--|
| National Grade 2 |  | 10.50 |  |  |
|------------------|--|-------|--|--|

|              |     |       |           |        |
|--------------|-----|-------|-----------|--------|
| Jenny George | N&P | 10.29 | Carn Brea | 12-Aug |
|--------------|-----|-------|-----------|--------|

|               |     |       |            |        |
|---------------|-----|-------|------------|--------|
| Jessica Hicks | N&P | 10.23 | 0.7 Yeovil | 16-Jun |
|---------------|-----|-------|------------|--------|

|              |     |       |            |        |
|--------------|-----|-------|------------|--------|
| Claire Regan | CAC | 10.23 | 0.7 Yeovil | 16-Jun |
|--------------|-----|-------|------------|--------|

|                  |  |      |  |  |
|------------------|--|------|--|--|
| National Grade 3 |  | 9.90 |  |  |
|------------------|--|------|--|--|

|                  |  |      |  |  |
|------------------|--|------|--|--|
| National Grade 4 |  | 9.10 |  |  |
|------------------|--|------|--|--|

|            |     |      |     |        |
|------------|-----|------|-----|--------|
| Emma Baker | LAC | 8.92 | Par | 06-May |
|------------|-----|------|-----|--------|

|             |     |      |        |        |
|-------------|-----|------|--------|--------|
| Lizzie Gard | CAC | 7.08 | Exeter | 01-Jul |
|-------------|-----|------|--------|--------|

### Shot

|                      |              |  |  |             |
|----------------------|--------------|--|--|-------------|
| <b>County Record</b> | <b>10.52</b> |  |  | <b>9.00</b> |
|----------------------|--------------|--|--|-------------|

|                  |  |       |  |  |
|------------------|--|-------|--|--|
| National Grade 1 |  | 10.15 |  |  |
|------------------|--|-------|--|--|

|              |         |      |            |        |
|--------------|---------|------|------------|--------|
| Holly Harper | CAC/N&P | 9.30 | Chelmsford | 28-Jul |
|--------------|---------|------|------------|--------|

|                  |  |      |  |  |
|------------------|--|------|--|--|
| National Grade 2 |  | 8.75 |  |  |
|------------------|--|------|--|--|

|        |           |      |           |        |
|--------|-----------|------|-----------|--------|
| G Monk | Richard L | 8.25 | Carn Brea | 09-Jun |
|--------|-----------|------|-----------|--------|

|              |     |      |           |        |
|--------------|-----|------|-----------|--------|
| Anna Stevens | CAC | 8.19 | Carn Brea | 12-Aug |
|--------------|-----|------|-----------|--------|

|                  |  |      |  |  |
|------------------|--|------|--|--|
| National Grade 3 |  | 7.85 |  |  |
|------------------|--|------|--|--|

|           |         |      |           |        |
|-----------|---------|------|-----------|--------|
| K Hipkiss | Mullion | 7.78 | Carn Brea | 09-Jun |
|-----------|---------|------|-----------|--------|

|             |            |      |           |        |
|-------------|------------|------|-----------|--------|
| Phoebe Moon | Truro High | 7.78 | Carn Brea | 13-May |
|-------------|------------|------|-----------|--------|

|                 |       |      |           |        |
|-----------------|-------|------|-----------|--------|
| Claire Whitmore | Truro | 7.76 | Carn Brea | 09-Jun |
|-----------------|-------|------|-----------|--------|

|            |           |      |     |        |
|------------|-----------|------|-----|--------|
| Vicky Mark | N&P/Fowey | 7.35 | Par | 23-May |
|------------|-----------|------|-----|--------|

|               |             |      |     |        |
|---------------|-------------|------|-----|--------|
| Jessica Hicks | N&P/Poltair | 7.33 | Par | 23-May |
|---------------|-------------|------|-----|--------|

|                 |     |      |        |        |
|-----------------|-----|------|--------|--------|
| Deborah Fleming | CAC | 7.30 | Exeter | 01-Jul |
|-----------------|-----|------|--------|--------|

|              |     |      |        |        |
|--------------|-----|------|--------|--------|
| Kali Gilbert | CAC | 6.78 | Exeter | 10-Jun |
|--------------|-----|------|--------|--------|

|                  |            |      |     |        |
|------------------|------------|------|-----|--------|
| Sarah Williamson | CAC/Penair | 6.67 | Par | 23-May |
|------------------|------------|------|-----|--------|

|                  |  |      |  |  |
|------------------|--|------|--|--|
| National Grade 4 |  | 6.65 |  |  |
|------------------|--|------|--|--|

|             |            |      |     |        |
|-------------|------------|------|-----|--------|
| Danni Jones | Truro High | 6.37 | Par | 23-May |
|-------------|------------|------|-----|--------|

|               |            |      |     |        |
|---------------|------------|------|-----|--------|
| Joanna Murray | CAC/Penair | 6.11 | Par | 23-May |
|---------------|------------|------|-----|--------|

|                |         |      |        |        |
|----------------|---------|------|--------|--------|
| Philippa Brett | U15 N&P | 6.06 | Exeter | 29-Sep |
|----------------|---------|------|--------|--------|

|              |            |      |     |        |
|--------------|------------|------|-----|--------|
| Steph Taylor | Truro High | 6.04 | Par | 23-May |
|--------------|------------|------|-----|--------|

|              |            |      |     |        |
|--------------|------------|------|-----|--------|
| Abi Anderson | Truro High | 5.94 | Par | 23-May |
|--------------|------------|------|-----|--------|

|              |         |      |     |        |
|--------------|---------|------|-----|--------|
| Katie Howard | Brannel | 5.93 | Par | 23-May |
|--------------|---------|------|-----|--------|

|          |      |      |           |        |
|----------|------|------|-----------|--------|
| R Grundy | Looe | 5.79 | Carn Brea | 09-Jun |
|----------|------|------|-----------|--------|

|             |            |      |     |        |
|-------------|------------|------|-----|--------|
| Verity Park | Truro High | 5.75 | Par | 23-May |
|-------------|------------|------|-----|--------|

|             |            |      |     |        |
|-------------|------------|------|-----|--------|
| Lizzie Gard | CAC/Penair | 5.61 | Par | 23-May |
|-------------|------------|------|-----|--------|

### Discus

|                      |              |  |  |              |
|----------------------|--------------|--|--|--------------|
| <b>County Record</b> | <b>36.35</b> |  |  | <b>27.00</b> |
|----------------------|--------------|--|--|--------------|

|                  |  |       |  |  |
|------------------|--|-------|--|--|
| National Grade 1 |  | 30.20 |  |  |
|------------------|--|-------|--|--|

1  
2

|                   |         |       |           |        |
|-------------------|---------|-------|-----------|--------|
| Holly Harper      | CAC/N&P | 27.73 | Par       | 16-Sep |
| National Grade 2  |         | 25.60 |           |        |
| Claire Whitmore   | Truro   | 22.46 | Carn Brea | 09-Jun |
| National Grade 3  |         | 22.25 |           |        |
| Kali Gilbert      | CAC     | 22.74 | Exeter    | 10-Jun |
| Vicky Mark        | N&P     | 22.12 | Par       | 16-Sep |
| Emma Nightingale  | Tru H   | 20.91 | Carn Brea | 13-May |
| Georgina Sherriff | Tru H   | 20.79 | Carn Brea | 09-Jun |
| D Jones           | Tru H   | 20.42 | Carn Brea | 09-Jun |
| Stephanie Taylor  | Tru H   | 20.37 | Carn Brea | 13-May |
| Chloe Faulkner    | N Treth | 18.56 | Carn Brea | 09-Jun |
| National Grade 4  |         | 18.50 |           |        |
| Kim Butler        | N Treth | 18.40 | Carn Brea | 09-Jun |
| K Hipkiss         | Mullion | 16.68 | Carn Brea | 09-Jun |
| Jenny George      | N&P     | 13.25 | Yeovil    | 27-May |
| Sarah Williamson  | CAC     | 10.70 | Exeter    | 02-Sep |
| Nicola George     | N&P     | 9.81  | Exeter    | 02-Sep |

### Hammer

|                      |              |       |        |              |
|----------------------|--------------|-------|--------|--------------|
| <b>County Record</b> | <b>35.83</b> |       |        | <b>27.00</b> |
| National Grade 3     |              | 25.75 |        |              |
| Holly Harper         | CAC/N&P      | 24.63 | Par    | 09-Sep       |
| National Grade 4     |              | 19.00 |        |              |
| Deborah Fleming      | CAC          | 13.00 | Exeter | 02-Sep       |
| Lizzie Gard          | CAC          | 9.80  | Yeovil | 27-May       |

### Javelin

|                      |              |       |           |              |
|----------------------|--------------|-------|-----------|--------------|
| <b>County Record</b> | <b>33.94</b> |       |           | <b>30.00</b> |
| National Grade 1     |              | 34.00 |           |              |
| Holly Harper         | CAC          | 31.85 | Par       | 16-Sep       |
| National Grade 2     |              | 28.60 |           |              |
| Vicky Mark           | N&P          | 26.17 | Walton    | 02-Jun       |
| National Grade 3     |              | 25.10 |           |              |
| Jodie Bray           | Poltair      | 24.53 | Carn Brea | 09-Jun       |
| National Grade 4     |              | 20.30 |           |              |
| Abi Anderson         | Truro High   | 19.30 | Par       | 23-May       |
| Danni Jones          | Truro High   | 17.49 | Par       | 23-May       |
| Katie Howard         | Brannel      | 17.04 | Par       | 23-May       |
| Jessica Hicks        | N&P/Poltair  | 16.72 | Par       | 23-May       |
| Steph Taylor         | Truro High   | 16.59 | Par       | 23-May       |
| Sarah Williamson     | CAC          | 15.74 | Yeovil    | 22-Apr       |
| Joanna Murray        | CAC/Penair   | 14.65 | Par       | 23-May       |
| Jenny George         | N&P          | 12.39 | Exeter    | 01-Jul       |
| Anya Stevenson       | Truro High   | 12.36 | Par       | 23-May       |
| Phoebe Moon          | Truro High   | 12.20 | Par       | 23-May       |
| Verity Park          | Truro High   | 11.58 | Par       | 23-May       |
| Lizzie Gard          | CAC/Penair   | 9.54  | Par       | 23-May       |
| Emma Nightingale     | CAC/Tru H    | 9.31  | Par       | 23-May       |
| Jade Norton          | N&P          | 7.55  | Yeovil    | 22-Apr       |

### Heptathlon

|                      |             |      |      |                |
|----------------------|-------------|------|------|----------------|
| <b>County Record</b> | <b>4082</b> |      |      | <b>2700</b>    |
| National Grade 1     |             | 4360 |      |                |
| National Grade 2     |             | 4075 |      |                |
| National Grade 3     |             | 3770 |      |                |
| National Grade 4     |             | 3175 |      |                |
| Philippa Brett       | U15         | N&P  | 3051 | Exeter 29&30/9 |
| Vicky Mark           |             | N&P  | 2830 | Exeter 23-Jun  |

## Cornwall County Rankings - Oct 06 - Date

As at 30 September 2007

### U20 Women

#### 100m

|                         |             |             |             |             |
|-------------------------|-------------|-------------|-------------|-------------|
| <b>County Record</b>    | <b>12.2</b> |             |             | <b>13.0</b> |
| <b>National Grade 1</b> |             | <b>12.3</b> |             |             |
| Alice Robins            | N&P         | 12.5        | Exeter      | 01-Jul      |
| Robins                  |             | 12.66       | -0.2 Yeovil | 16-Jun      |
| <b>National Grade 2</b> |             | <b>12.7</b> |             |             |
| <b>National Grade 3</b> |             | <b>13.0</b> |             |             |
| Jo Ross                 | CAC         | 13.8        | Yeovil      | 22-Apr      |
| Rebecca Turner          | CAC         | 14.0        | Exeter      | 29-May      |

#### 150m

|              |     |      |     |        |
|--------------|-----|------|-----|--------|
| Alice Robins | N&P | 20.2 | Par | 08-Apr |
| Jo Ross      | CAC | 21.2 | Par | 08-Apr |

#### 200m

|                         |             |             |           |             |
|-------------------------|-------------|-------------|-----------|-------------|
| <b>County Record</b>    | <b>25.1</b> |             |           | <b>27.0</b> |
| <b>National Grade 1</b> |             | <b>25.2</b> |           |             |
| <b>National Grade 2</b> |             | <b>26.0</b> |           |             |
| Alice Robins            | N&P         | 26.2 mx     | Par       | 06-May      |
| Robins                  |             | 26.40       | Yeovil    | 16-Jun      |
| <b>National Grade 3</b> |             | <b>26.6</b> |           |             |
| Alicia Regan            | CAC         | 27.1        | Carn Brea | 13-May      |
| Jo Ross                 | CAC         | 28.2        | Exeter    | 15-Apr      |
| Rebecca Turner          | CAC         | 28.1        | Exeter    | 01-Jul      |
| Rosie Thornton          | N&P         | 35.9        | Par       | 06-May      |

#### 300m

|         |     |      |     |        |
|---------|-----|------|-----|--------|
| Jo Ross | CAC | 46.7 | Par | 08-Apr |
|---------|-----|------|-----|--------|

#### 400m

|                         |               |             |            |             |
|-------------------------|---------------|-------------|------------|-------------|
| <b>County Record</b>    | <b>55.8</b>   |             |            | <b>62.0</b> |
| <b>National Grade 1</b> |               | <b>57.5</b> |            |             |
| <b>National Grade 2</b> |               | <b>59.2</b> |            |             |
| <b>National Grade 3</b> |               | <b>60.7</b> |            |             |
| Alice Robins            | N&P           | 61.9        | Chelmsford | 28-Jul      |
| Katie Knowles           | B&W/Cwll Schs | 63.25       | Yeovil     | 16-Jun      |
| Amy Colwill             | Laun          | 65.1        | Plymouth   | 01-Apr      |
| Emily Gunning           | N&P           | 65.3        | Carn Brea  | 13-May      |
| Rebecca Turner          | CAC           | 65.3        | Exeter     | 31-Jul      |
| Jo Ross                 | CAC           | 68.2        | Exeter     | 15-Apr      |
| Elaina Gard             | CAC           | 71.7        | Exeter     | 02-Sep      |

#### 800m

|                         |   |               |           |              |
|-------------------------|---|---------------|-----------|--------------|
| <b>County Record</b>    | <b>2.03.42 UK ALL TIME 10th - Jemma Simpson</b> |               |           | <b>02:25</b> |
| <b>National Grade 1</b> |   | <b>2.14.2</b> |           |              |
| <b>National Grade 2</b> |   | <b>2.18.6</b> |           |              |
| Katie Knowles           | B&W   | 2.18.9        | Exeter    | 14-Apr       |
| <b>National Grade 3</b> |   | <b>2.23.2</b> |           |              |
| Elaina Gard             | CAC   | 2.28.5        | Exeter    | 24-Apr       |
| Amy Colwill             | Laun  | 2.29.7        | Plymouth  | 01-Apr       |
| Rebecca Turner          | CAC   | 2.34.8        | Exeter    | 26-Jun       |
| Helen Fuller            | CAC   | 2.44.8        | Carn Brea | 13-May       |
| Rosie Thornton          | N&P   | 3.37.3        | Par       | 06-May       |

#### 1500m

|                         |   |               |           |              |
|-------------------------|---|---------------|-----------|--------------|
| <b>County Record</b>    | <b>4.15.00 UK ALL TIME 13th - Dani Barnes</b> |               |           | <b>05:00</b> |
| Katie Knowles           | B&W   | 4.29.67       | Watford   | 30-Jun       |
| <b>National Grade 1</b> |   | <b>4.37.3</b> |           |              |
| <b>National Grade 2</b> |   | <b>4.48.8</b> |           |              |
| <b>National Grade 3</b> |   | <b>4.58.4</b> |           |              |
| Elaina Gard             | CAC   | 5.07.53       | Street    | 07-May       |
| Jenny Almey             | CAC/Truro C                                   | 5.08.0        | Carn Brea | 09-Jun       |

#### 1 Mile

|                      |               |        |     |              |
|----------------------|---------------|--------|-----|--------------|
| <b>County Record</b> | <b>4.56.6</b> |        |     | <b>05:30</b> |
| <b>2000m</b>         |               |        |     | <b>07:00</b> |
| Jenny Almey          | CAC           | 7.12.8 | Par | 08-Apr       |
| Rachel Baker         | LAC           | 7.22.1 | Par | 08-Apr       |

#### 3000m

|                         |                |                |           |              |
|-------------------------|----------------|----------------|-----------|--------------|
| <b>County Record</b>    | <b>9.30.11</b> |                |           | <b>11:00</b> |
| Katie Knowles           | B&W            | 9.30.11        | Solihull  | 21-Jul       |
| <b>National Grade 1</b> |                | <b>10.01.1</b> |           |              |
| <b>National Grade 2</b> |                | <b>10.30.0</b> |           |              |
| <b>National Grade 3</b> |                | <b>11.00.0</b> |           |              |
| Jenny Almey             | CAC            | 11.17.1        | Yeovil    | 22-Apr       |
| Rachel Baker            | LAC/Lau C      | 12.16.9        | Carn Brea | 09-Jun       |
| Jasmin Hicks            | N&P            | 14.11.6        | Yeovil    | 22-Apr       |

#### 5000m

|                      |                |         |        |              |
|----------------------|----------------|---------|--------|--------------|
| <b>County Record</b> | <b>17:22.7</b> |         |        | <b>20:00</b> |
| Jenny Almey          | CAC            | 21.24.6 | Exeter | 05-Aug       |

#### 100m Hurdles

|                         |             |             |  |             |
|-------------------------|-------------|-------------|--|-------------|
| <b>County Record</b>    | <b>14.2</b> |             |  | <b>16.5</b> |
| <b>National Grade 1</b> |             | <b>14.5</b> |  |             |

|                           |     |            |               |             |              |
|---------------------------|-----|------------|---------------|-------------|--------------|
| National Grade 2          |     |            | 15.2          |             |              |
| National Grade 3          |     |            | 16.1          |             |              |
| Jasmin Hicks              |     | N&P        | 17.61         | -2.6 Derby  | 09-Sep       |
| Emma Nightingale          | U17 | CAC        | 20.2          | Yeovil      | 27-May       |
| Elaina Gard               |     | CAC        | 23.2          | Exeter      | 02-Sep       |
| <b>400m Hurdles</b>       |     |            |               |             |              |
| <b>County Record</b>      |     |            | <b>62.7</b>   |             | <b>70.0</b>  |
| Jasmin Hicks              |     | N&P        | 68.15         | Exeter      | 05-Aug       |
| <b>2000m Steeplechase</b> |     |            |               |             |              |
| <b>County Record</b>      |     |            | <b>7.39.1</b> |             | <b>08:00</b> |
| <b>4 x 100m Relay</b>     |     |            |               |             |              |
| <b>County Record</b>      |     |            | <b>51.3</b>   |             | <b>52.0</b>  |
| <b>4 x 400m Relay</b>     |     |            |               |             |              |
| <b>County Record</b>      |     |            | <b>4.12.2</b> |             | <b>04:15</b> |
| <b>High Jump</b>          |     |            |               |             |              |
| <b>County Record</b>      |     |            | <b>1.66</b>   |             | <b>1.55</b>  |
| National Grade 1          |     |            | 1.70          |             |              |
| National Grade 2          |     |            | 1.64          |             |              |
| National Grade 3          |     |            | 1.58          |             |              |
| Jasmin Hicks              |     | N&P        | 1.55          | London (LV) | 29-Apr       |
| <b>Pole Vault</b>         |     |            |               |             |              |
| <b>County Record</b>      |     |            | <b>3.60</b>   |             | <b>2.50</b>  |
| Jasmin Hicks              |     | N&P/Cwil C | 3.60          | Exeter      | 05-Aug       |
| National Grade 1          |     |            | 3.55          |             |              |
| National Grade 2          |     |            | 3.25          |             |              |
| National Grade 3          |     |            | 2.85          |             |              |
| <b>Long Jump</b>          |     |            |               |             |              |
| <b>County Record</b>      |     |            | <b>5.63</b>   |             | <b>5.00</b>  |
| National Grade 1          |     |            | 5.40          |             |              |
| National Grade 2          |     |            | 5.10          |             |              |
| Jasmin Hicks              |     | N&P        | 4.86          | Par         | 08-Apr       |
| National Grade 3          |     |            | 4.80          |             |              |
| Alicia Regan              |     | CAC        | 4.59          | Yeovil      | 27-May       |
| Rachel Baker              |     | LAC        | 4.34          | Par         | 08-Apr       |
| Christie Smith            |     | CAC        | 3.89          | Exeter      | 10-Jun       |
| Rebecca Turner            |     | CAC        | 3.84          | Exeter      | 02-Sep       |
| Kayliegh Mulroy           |     | CAC        | 3.30          | Exeter      | 02-Sep       |
| Rosie Thornton            |     | N&P        | 2.34          | Par         | 06-May       |
| <b>Triple Jump</b>        |     |            |               |             |              |
| <b>County Record</b>      |     |            | <b>11.23</b>  |             | <b>10.00</b> |
| National Grade 1          |     |            | 11.30         |             |              |
| National Grade 2          |     |            | 10.70         |             |              |
| Jasmin Hicks              |     | N&P        | 10.37         | Exeter      | 01-Jul       |
| National Grade 3          |     |            | 10.15         |             |              |
| Alice Robins              |     | N&P        | 9.87          | Plymouth    | 19-May       |
| Rachel Baker              |     | LAC        | 9.22          | Carn Brea   | 09-Jun       |
| Kim Davey                 |     | CAC        | 8.40          | Yeovil      | 22-Apr       |
| <b>Shot</b>               |     |            |               |             |              |
| <b>County Record</b>      |     |            | <b>10.76</b>  |             | <b>10.00</b> |
| National Grade 1          |     |            | 11.05         |             |              |
| National Grade 2          |     |            | 9.65          |             |              |
| National Grade 3          |     |            | 8.60          |             |              |
| Jasmin Hicks              |     | N&P        | 7.68          | Carn Brea   | 20-May       |
| Kim Davey                 |     | CAC        | 7.66          | Yeovil      | 22-Apr       |
| Kylie Fouracres           |     | N&P        | 7.40          | Exeter      | 05-Aug       |
| Rosie Thornton            |     | N&P        | 4.95          | Par         | 06-May       |
| <b>Discus</b>             |     |            |               |             |              |
| <b>County Record</b>      |     |            | <b>38.43</b>  |             | <b>30.00</b> |
| Kylie Fouracres           |     | Brannel    | 20.32         | Carn Brea   | 09-Jun       |
| Jenny Almey               |     | CAC        | 10.22         | Yeovil      | 27-May       |
| Kayliegh Mulroy           |     | CAC        | 9.50          | Exeter      | 02-Sep       |
| <b>Hammer</b>             |     |            |               |             |              |
| <b>County Record</b>      |     |            | <b>40.98</b>  |             | <b>30.00</b> |
| Kylie Fouracres           |     | Brannel    | 27.59         | Carn Brea   | 09-Jun       |
| Kayliegh Mulroy           |     | CAC        | 14.70         | Exeter      | 02-Sep       |
| <b>Javelin</b>            |     |            |               |             |              |
| <b>County Record</b>      |     |            | <b>40.40</b>  |             | <b>30.00</b> |
| Nicola Henderson          |     | Truro H    | 23.74         | Par         | 16-Sep       |
| Jasmin Hicks              |     | N&P        | 20.61         | Par         | 08-Apr       |
| Jenny Almey               |     | CAC        | 11.47         | Yeovil      | 22-Apr       |
| <b>Heptathlon</b>         |     |            |               |             |              |
| <b>County Record</b>      |     |            | <b>3928</b>   |             | <b>3000</b>  |
| National Grade 1          |     |            | 5400          |             |              |
| National Grade 2          |     |            | 4450          |             |              |
| National Grade 3          |     |            | 2900          |             |              |

# Cornwall County Rankings - Oct 06 - Date

As at 30 September 2007

## Women

### 100m

|                         |                      |                 |              |                        |               |
|-------------------------|----------------------|-----------------|--------------|------------------------|---------------|
| <b>County Record</b>    | <b>12.0 (12.6 V)</b> |                 |              |                        | <b>13.0</b>   |
| <b>National Grade 1</b> |                      |                 | <b>11.9</b>  |                        |               |
| <b>National Grade 2</b> |                      |                 | <b>12.3</b>  |                        |               |
| <b>Katy Whear</b>       | <b>Mixed</b>         | <b>Cornwall</b> | <b>12.58</b> | <b>-2.0 Gold Coast</b> | <b>14-Jan</b> |
| <b>National Grade 3</b> |                      |                 | <b>12.7</b>  |                        |               |
| Leah Paulley            |                      | N&P             | 13.2         | Par                    | 06-May        |
| <b>Jacky Brett</b>      | <b>W40</b>           | <b>N&amp;P</b>  | <b>13.5</b>  | <b>Oxford</b>          | <b>28-Apr</b> |
| Jo Glossop              |                      | N&P             | 14.4         | Walton                 | 02-Jun        |
| Marie Hudson            | W40                  | N&P             | 14.6         | Portsmouth             | 07-Jul        |
| Debbie Drinkell         | W40                  | N&P             | 14.8         | Crawley                | 01-Sep        |
| Linda Ansell            | W40                  | N&P             | 15.5         | Carn Brea              | 20-May        |
| Becky Mudd              |                      | Bideford???     | 15.7         | Plymouth               | 01-Apr        |

### 200m

|                         |                      |                 |              |                       |               |
|-------------------------|----------------------|-----------------|--------------|-----------------------|---------------|
| <b>County Record</b>    | <b>25.0 (25.9 V)</b> |                 |              |                       | <b>27.0</b>   |
| <b>National Grade 1</b> |                      |                 | <b>24.3</b>  |                       |               |
| <b>National Grade 2</b> |                      |                 | <b>25.1</b>  |                       |               |
| <b>Katy Whear</b>       | <b>Mixed</b>         | <b>Cornwall</b> | <b>25.71</b> | <b>0.0 Gold Coast</b> | <b>14-Jan</b> |
| <b>National Grade 3</b> |                      |                 | <b>25.8</b>  |                       |               |
| Laura Knight            |                      | Reading/N&P     | 26.6         | Exeter                | 01-Jul        |
| Leah Paulley            |                      | N&P             | 26.7         | Carn Brea             | 12-Aug        |
| <b>Jacky Brett</b>      | <b>W40</b>           | <b>N&amp;P</b>  | <b>28.1</b>  | <b>Carn Brea</b>      | <b>13-May</b> |
| Caroline Steven         | W40                  | N&P             | 29.4         | Carn Brea             | 19-Aug        |
| Marie Hudson            | W40                  | N&P             | 30.3         | Portsmouth            | 07-Jul        |
| Jo Glossop              |                      | N&P             | 30.4         | Oxford                | 28-Apr        |
| Debbie Drinkell         | W40                  | N&P             | 31.6         | Crawley               | 01-Sep        |
| Linda Ansell            | W40                  | N&P             | 32.5         | Yeovil                | 27-May        |

### 400m

|                         |                      |                |                |                    |               |
|-------------------------|----------------------|----------------|----------------|--------------------|---------------|
| <b>County Record</b>    | <b>55.8 (61.2 V)</b> |                |                |                    | <b>62.0</b>   |
| <b>National Grade 1</b> |                      |                | <b>56.1</b>    |                    |               |
| <b>National Grade 2</b> |                      |                | <b>58.3</b>    |                    |               |
| <b>National Grade 3</b> |                      |                | <b>60.0</b>    |                    |               |
| Laura Knight            |                      | Read/N&P       | 60.2           | Carn Brea          | 13-May        |
| Leah Paulley            |                      | N&P            | 61.1           | Chelmsford         | 28-Jul        |
| <b>Caroline Steven</b>  | <b>W40</b>           | <b>N&amp;P</b> | <b>63.9</b>    | <b>Carn Brea</b>   | <b>19-Aug</b> |
| <b>Barbara Lock</b>     | <b>W50</b>           | <b>CAC</b>     | <b>65.39 i</b> | <b>London (LV)</b> | <b>03-Mar</b> |
| Jo Glossop              |                      | N&P            | 67.1           | Crawley            | 01-Sep        |
| Linda Ansell            | W40                  | N&P            | 68.2           | Yeovil             | 27-May        |
| Debbie Drinkell         | W40                  | N&P            | 66.7           | Carn Brea          | 19-Aug        |

### 800m

|                         |                            |  |                  |                       |               |
|-------------------------|----------------------------|--|------------------|-----------------------|---------------|
| <b>County Record</b>    | <b>1.59.99 (2.19.37 V)</b> | <b>UK All Time - U23 6th - Jemma Simpson</b> |                  |                       | <b>02:25</b>  |
| <b>Jemma Simpson</b>    |                            | <b>N&amp;P</b>                               | <b>2.00.18</b>   | <b>Crystal Palace</b> | <b>03-Aug</b> |
| <b>National Grade 1</b> |                            |  | <b>2.09.5</b>    |                       |               |
| <b>National Grade 2</b> |                            |  | <b>2.15.0</b>    |                       |               |
| <b>Annie Bolton</b>     |                            | <b>Reading</b>                               | <b>2.16.2</b>    | <b>Gateshead</b>      | <b>03-Jun</b> |
| <b>National Grade 3</b> |                            |  | <b>2.19.0</b>    |                       |               |
| Caroline Steven         | W40                        | N&P  | 2.21.4           | Crawley               | 01-Sep        |
| Zoe Jelbert             |                            | N&P  | 2.25.0           | Portsmouth            | 07-Jul        |
| Leonie Woodfinden       |                            | N&P  | 2.25.7           | Exeter                | 02-Sep        |
| Jo Glossop              |                            | N&P  | 2.30.0           | Plymouth              | 19-May        |
| <b>Linda Ansell</b>     | <b>W40</b>                 | <b>N&amp;P</b>                               | <b>2.30.4</b>    | <b>Carn Brea</b>      | <b>20-May</b> |
| <b>Barbara Lock</b>     | <b>W50</b>                 | <b>CAC</b>                                   | <b>2.30.94 i</b> | <b>London (LV)</b>    | <b>04-Mar</b> |
| <b>Lock</b>             |                            |  | <b>2.33.3</b>    | <b>Exeter</b>         | <b>16-Jun</b> |
| Laura Knight            |                            | Reading/N&P                                  | 2.44.1           | Par                   | 09-Sep        |
| Jacky Brett             | W40                        | N&P  | 3.20.1           | Par                   | 09-Sep        |
| Tessa Williamson        |                            | N&P  | 3.23.5           | Oxford                | 28-Apr        |

### 1500m

|                         |                           |                |                |                        |               |
|-------------------------|---------------------------|----------------|----------------|------------------------|---------------|
| <b>County Record</b>    | <b>4.10.08 (4.40.7 V)</b> |                |                |                        | <b>05:00</b>  |
| <b>Jemma Simpson</b>    |                           | <b>N&amp;P</b> | <b>4.10.08</b> | <b>Manchester (SC)</b> | <b>09-Jun</b> |
| <b>National Grade 1</b> |                           |                | <b>4.24.0</b>  |                        |               |
| <b>Sarah Salmon</b>     |                           | <b>N&amp;P</b> | <b>4.26.68</b> | <b>Canberra</b>        | <b>04-Jan</b> |
| <b>National Grade 2</b> |                           |                | <b>4.36.0</b>  |                        |               |
| <b>National Grade 3</b> |                           |                | <b>4.45.0</b>  |                        |               |
| <b>Annie Bolton</b>     |                           | <b>Reading</b> | <b>4.57.8</b>  | <b>Coventry</b>        | <b>08-Jul</b> |
| Jo Friday               | W35                       | CAC            | 5.00.7         | Carn Brea              | 13-May        |
| <b>Caroline Steven</b>  | <b>W40</b>                | <b>N&amp;P</b> | <b>5.07.2</b>  | <b>Crawley</b>         | <b>01-Sep</b> |
| Emma Stallard           |                           | CAC            | 5.21.0         | Carn Brea              | 13-May        |
| Tessa Williamson        |                           | N&P            | 5.23.1         | Crawley                | 01-Sep        |
| Debbie Drinkell         | W40                       | N&P            | 5.56.0         | Chelmsford             | 28-Jul        |

### 1 Mile

|                      |                          |  |  |  |              |
|----------------------|--------------------------|--|--|--|--------------|
| <b>County Record</b> | <b>4.44.79 (5.25.8V)</b> |  |  |  | <b>05:30</b> |
|----------------------|--------------------------|--|--|--|--------------|

### 2000m

|              |     |     |        |     |        |
|--------------|-----|-----|--------|-----|--------|
| Linda Ansell | W40 | N&P | 7.16.8 | Par | 08-Apr |
|--------------|-----|-----|--------|-----|--------|

### 3000m

|                      |                            |  |  |  |              |
|----------------------|----------------------------|--|--|--|--------------|
| <b>County Record</b> | <b>9.16.1 (10.02.20 V)</b> |  |  |  | <b>11:00</b> |
|----------------------|----------------------------|--|--|--|--------------|

|                           |                                 |                                       |                |                |              |
|---------------------------|---------------------------------|---------------------------------------|----------------|----------------|--------------|
| Sarah Salmon              |                                 | N&P                                   | 9.37.78 mx     | Canberra       | 28-Oct       |
| <b>National Grade 1</b>   |                                 |                                       | <b>9.40.0</b>  |                |              |
| National Grade 2          |                                 |                                       | 10.12.0        |                |              |
| National Grade 3          |                                 |                                       | 10.44.0        |                |              |
| Caroline Steven           | Road Rules                      | N&P                                   | 11.10          | Exeter         | Nov          |
| Steven                    | W40                             | N&P                                   | 11.19.2        | Exeter         | 01-Jul       |
| Linda Ansell              | W40                             | N&P                                   | 11.36.1        | Plymouth       | 19-May       |
| Becky Mudd                |                                 | Bideford???                           | 11.40.0        | Plymouth       | 01-Apr       |
| Zoe Jelbert               |                                 | N&P                                   | 11.57.4        | Portsmouth     | 07-Jul       |
| Kate Rogers               |                                 | CoP                                   | 12.05 mx       | Exeter         | Nov          |
| Tessa Williamson          |                                 | N&P                                   | 12.11.9        | Plymouth       | 19-May       |
| Jo Glossop                |                                 | N&P                                   | 12.50.1        | Exeter         | 01-Jul       |
| <b>5000m</b>              |                                 |                                       |                |                |              |
| <b>County Record</b>      | <b>15:59.5</b>                  |                                       |                |                | <b>20:00</b> |
| <b>National Grade 1</b>   |                                 |                                       | <b>15.46.0</b> |                |              |
| National Grade 2          |                                 |                                       | 16.23.0        |                |              |
| Sarah Salmon              |                                 | N&P                                   | 16.27.28       | Melbourne      | 02-Mar       |
| National Grade 3          |                                 |                                       | 17.10.0        |                |              |
| <b>80m Hurdles (W40)</b>  | <b>12.2</b>                     |                                       |                |                |              |
| <b>County Record</b>      |                                 |                                       |                |                |              |
| Jacky Brett               | W40                             | N&P                                   | 12.4           | -0.8 Exeter    | 29-Sep       |
| <b>100m Hurdles</b>       |                                 |                                       |                |                |              |
| <b>County Record</b>      | <b>13.86 (14.1 V)</b>           | <b>UK All time - 89th Jacky Brett</b> |                |                | <b>16.5</b>  |
| <b>National Grade 1</b>   |                                 |                                       | <b>14.0</b>    |                |              |
| National Grade 2          |                                 |                                       | 14.7           |                |              |
| National Grade 3          |                                 |                                       | 15.4           |                |              |
| Jacky Brett               | W40                             | N&P                                   | 15.7           | Oxford         | 28-Apr       |
| Laura Knight              |                                 | Reading/N&P                           | 15.9           | Portsmouth     | 19-May       |
| Tessa Williamson          |                                 | N&P                                   | 19.2           | Plymouth       | 19-May       |
| Caroline Steven           | W40                             | N&P                                   | 21.4           | Exeter         | 02-Sep       |
| Jo Glossop                |                                 | N&P                                   | 27.2           | Chelmsford     | 31-Jul       |
| <b>400m Hurdles</b>       |                                 |                                       |                |                |              |
| <b>County Record</b>      | <b>62.7 (70.0 V)</b>            |                                       |                |                | <b>70.0</b>  |
| <b>National Grade 1</b>   |                                 |                                       | <b>61.0</b>    |                |              |
| National Grade 2          |                                 |                                       | 64.9           |                |              |
| Laura Knight              |                                 | Reading/N&P                           | 65.7           | Exeter         | 01-Jul       |
| National Grade 3          |                                 |                                       | 67.9           |                |              |
| Tessa Williamson          |                                 | N&P                                   | 72.2           | Oxford         | 28-Apr       |
| Caroline Steven           | W40                             | N&P                                   | 73.7           | Plymouth       | 19-May       |
| Jo Glossop                |                                 | N&P                                   | 81.5           | Crawley        | 01-Sep       |
| <b>2000m Steeplechase</b> |                                 |                                       |                |                |              |
| <b>County Record</b>      | <b>7.39.1</b>                   |                                       |                |                | <b>08:00</b> |
| <b>3000m Steeplechase</b> |                                 | <b>12.07.23</b>                       |                |                |              |
| Tessa Williamson          |                                 | N&P                                   | 12.07.23       | Zelee, Belgium | 18-Aug       |
| <b>4 x 100m Relay</b>     |                                 |                                       |                |                |              |
| <b>County Record</b>      | <b>49.8 (50.3club) (57.5 V)</b> |                                       |                |                | <b>52.0</b>  |
| Cornwall AC               |                                 |                                       | 51.3           | Yeovil         | 22-Apr       |
| Newquay & Par             |                                 |                                       | 52.3           | Exeter         | 01-Jul       |
| <b>4 x 400m Relay</b>     |                                 |                                       |                |                |              |
| <b>County Record</b>      | <b>4.05.9 (4.06.9club)</b>      |                                       |                |                | <b>04:15</b> |
| Newquay & Par             |                                 |                                       | 4.21.2         | Plymouth       | 19-May       |
| Cornwall AC               |                                 |                                       | 4.24.2         | Exeter         | 02-Sep       |
| <b>High Jump</b>          |                                 |                                       |                |                |              |
| <b>County Record</b>      | <b>1.66 (1.30V)</b>             |                                       |                |                | <b>1.55</b>  |
| <b>National Grade 1</b>   |                                 |                                       | <b>1.72</b>    |                |              |
| National Grade 2          |                                 |                                       | 1.65           |                |              |
| National Grade 3          |                                 |                                       | 1.60           |                |              |
| Laura Knight              |                                 | Reading/N&P                           | 1.41           | Par            | 09-Sep       |
| Tessa Williamson          |                                 | N&P                                   | 1.35           | Plymouth       | 19-May       |
| Jacky Brett               | W40                             | N&P                                   | 1.23           | Exeter         | 29-Sep       |
| Kim Marsh                 |                                 | N&P                                   | 1.00           | Oxford         | 28-Apr       |
| Caroline Steven           | W40                             | N&P                                   | 1.00           | Exeter         | 02-Sep       |
| <b>Pole Vault</b>         |                                 |                                       |                |                |              |
| <b>County Record</b>      | <b>3.25 (2.00 V)</b>            |                                       |                |                | <b>2.50</b>  |
| <b>National Grade 1</b>   |                                 |                                       | <b>3.90</b>    |                |              |
| National Grade 2          |                                 |                                       | 3.45           |                |              |
| National Grade 3          |                                 |                                       | 3.05           |                |              |
| Caroline Steven           | W40                             | N&P                                   | 1.80           | Oxford         | 28-Apr       |
| Tessa Williamson          |                                 | N&P                                   | 1.80           | Chelmsford     | 31-Jul       |
| <b>Long Jump</b>          |                                 |                                       |                |                |              |
| <b>County Record</b>      | <b>5.63 (4.69 V)</b>            |                                       |                |                | <b>5.00</b>  |
| <b>National Grade 1</b>   |                                 |                                       | <b>5.65</b>    |                |              |
| Laura Knight              |                                 | Reading                               | 5.58           | Oxford         | 28-Apr       |
| National Grade 2          |                                 |                                       | 5.25           |                |              |
| National Grade 3          |                                 |                                       | 5.00           |                |              |

|                  |     |     |      |            |        |
|------------------|-----|-----|------|------------|--------|
| Lisa Mitchell    |     | CAC | 4.72 | Carn Brea  | 19-Aug |
| Leah Paulley     |     | N&P | 4.69 | Walton     | 02-Jun |
| Marie Hudson     | W40 | N&P | 4.59 | Portsmouth | 07-Jul |
| Jacky Brett      | W40 | N&P | 4.53 | Exeter     | 30-Sep |
| Caroline Steven  | W40 | N&P | 4.39 | Exeter     | 02-Sep |
| Tessa Williamson |     | N&P | 3.95 | Oxford     | 28-Apr |
| Linda Ansell     | W40 | N&P | 2.60 | Yeovil     | 27-May |

### Triple Jump

**County Record** 11.63 (9.94 V) **10.00**

National Grade 1 11.95

National Grade 2 11.00

National Grade 3 10.45

Laura Knight Reading 10.02 Exeter 01-Jul

Jo Glossop N&P 8.75 Walton 02-Jun

Tessa Williamson N&P 8.96 Crawley 01-Sep

### Shot

**County Record** 12.53 (10.88 V) **10.00**

National Grade 1 11.95

National Grade 2 10.40

Laura Knight Reading 10.03 Yeovil 22-Apr

Jacky Brett W40 N&P 9.69 Portsmouth 07-Jul

Kim Rawling N&P 9.64 Crawley 01-Sep

National Grade 3 9.30

Rhian Hanson CAC 8.68 Par 08-Apr

Kim Marsh N&P 7.32 Oxford 28-Apr

### Shot W50+ (3kg)

**County Record** 10.54

Mo Pearson W55 SWVAC 10.13 Lee Valley 03-Mar

Pearson 9.92 Par 16-Sep

### Discus

**County Record** 40.08 (33.78 V) **30.00**

National Grade 1 40.00

National Grade 2 33.70

Kim Rawling N&P 32.82 Crawley 01-Sep

National Grade 3 28.75

Kim Marsh N&P 26.76 Walton 02-Jun

Mo Pearson W55 SWVAC 26.25 Par 06-May

Jo Glossop N&P 22.29 Portsmouth 07-Jul

Caroline Steven W40 N&P 9.88 Exeter 02-Sep

### Hammer

**County Record** 41.79 (25.75 V) **30.00**

National Grade 1 50.00

National Grade 2 41.50

Kim Rawling N&P 38.83 Crawley 01-Sep

National Grade 3 35.85

Kim Marsh N&P 33.65 Walton 02-Jun

Caroline Steven W40 N&P 13.17 Portsmouth 07-Jul

### Hammer W50 (3kg)

**County Record** 18.42

### Javelin W50+ (500g)

**County Record** 15.32

Mo Pearson W55 SWVAC 15.32 Par 16-Sep

### Javelin

**County Record** 40.40 (26.40 V) **30.00**

National Grade 1 39.30

Laura Knight Reading 37.00 Par 09-Sep

National Grade 2 34.50

National Grade 3 31.20

Jo Glossop N&P 29.01 Plymouth 19-May

Lydia Haywood CAC 23.57 Carn Brea 12-Aug

Jacky Brett W40 N&P 18.94 Exeter 30-Sep

Debbie Drinkell W40 N&P 14.95 Carn Brea 19-Aug

### Heptathlon

**County Record** 4074 (3331 V) **3000**

National Grade 1 5700

National Grade 2 5000

National Grade 3 4400

Laura Knight Reading/N&P 3860 Par 09-Sep

### Heptathlon W40 - 80m Hurdles

**County Record** 3166

Jacky Brett N&P 2906 Exeter 29&30/9

## Cornwall County Rankings - Oct 06 - Date

As at 30 September 2007

### Under 11 Boys

#### 60m

|              |     |      |        |        |
|--------------|-----|------|--------|--------|
| Josh Yeomans | N&P | 10.5 | Exeter | 15-Apr |
|--------------|-----|------|--------|--------|

#### 75m

##### County Record 10.6

|                   |           |      |           |        |
|-------------------|-----------|------|-----------|--------|
| James Channon     | N&P       | 11.2 | Carn Brea | 19-Aug |
| Alistair Tamblyn  | PAC       | 11.3 | Par       | 22-Jul |
| Todd Mitchell     | MBH       | 11.3 | Carn Brea | 19-Aug |
| Tom Dinnis        | N&P       | 11.4 | Par       | 22-Jul |
| Peter Tointon     | N&P       | 11.5 | Par       | 22-Jul |
| Corey Cross       | N&P       | 11.8 | Par       | 22-Jul |
| Tom Harris        | N&P       | 11.8 | Carn Brea | 12-Aug |
| Shay Drew         | N&P       | 12.1 | Carn Brea | 20-May |
| Oliver Piper      | Per       | 12.1 | Carn Brea | 15-Jul |
| Jack Durston      | BBS       | 12.1 | Par       | 22-Jul |
| Dean Parkin       | LAC       | 12.3 | Par       | 08-Apr |
| Orion Page        | CAC       | 12.3 | Carn Brea | 12-Aug |
| Jack Trehwella    | MBH       | 12.4 | Par       | 08-Apr |
| Curtis Pay        | Trewirgie | 12.4 | Par       | 22-Jul |
| Josh Yeomans      | N&P       | 12.5 | Par       | 08-Apr |
| Alex Durrant      | Godolphin | 12.5 | Carn Brea | 15-Jul |
| Kyle Marks        | Trewirgie | 12.5 | Carn Brea | 15-Jul |
| N Cock            | CAC       | 12.6 | Braunton  | 23-Jun |
| Harvey Bell       | Trewirgie | 12.7 | Carn Brea | 15-Jul |
| Ciaran Johnson    | N&P       | 12.7 | Carn Brea | 19-Aug |
| Josh Hool-Jackson | Trewirgie | 12.9 | Carn Brea | 15-Jul |

#### 150m

##### County Record 21.2

|                  |           |      |           |        |
|------------------|-----------|------|-----------|--------|
| Alistair Tamblyn | PAC       | 22.2 | Carn Brea | 19-Aug |
| James Channon    | N&P       | 22.7 | Carn Brea | 19-Aug |
| Todd Mitchell    | MBH       | 22.7 | Carn Brea | 19-Aug |
| National Grade 4 |           | 22.9 |           |        |
| Oliver Piper     | Ply       | 23.5 | Carn Brea | 15-Jul |
| Tom Harris       | N&P       | 24.4 | Carn Brea | 12-Aug |
| Orion Page       | KG        | 24.7 | Carn Brea | 12-Aug |
| Jake Carley      | MBH       | 25.3 | Plymouth  | 08-Jul |
| Harvey Bell      | Trewirgie | 25.3 | Carn Brea | 15-Jul |
| Dean Parkin      | LAC       | 25.7 | Par       | 08-Apr |
| Jack Trehwella   | MBH       | 25.7 | Carn Brea | 12-Aug |
| Curtis Pay       | Trewirgie | 26.2 | Carn Brea | 15-Jul |
| Kyle Marks       | Trewirgie | 26.2 | Carn Brea | 15-Jul |
| Kieran Westlake  | Trewirgie | 26.7 | Carn Brea | 15-Jul |
| David Hunt       | N&P       | 28.4 | Par       | 08-Apr |
| Francis Frayne   | Bolitho   | 29.0 | Carn Brea | 15-Jul |
| Joshua Kemp      | Godolphin | 29.0 | Carn Brea | 15-Jul |

#### 600m

##### County Record 1:49.4

|                  |           |        |           |        |
|------------------|-----------|--------|-----------|--------|
| Alistair Tamblyn | PAC       | 1.52.3 | Carn Brea | 15-Jul |
| Oliver Piper     | Per       | 1.54.3 | Carn Brea | 15-Jul |
| Todd Mitchell    | MBH       | 1.58.4 | Carn Brea | 15-Jul |
| James Channon    | N&P       | 1.59.2 | Carn Brea | 15-Jul |
| Corey Cross      | N&P       | 2.00.3 | Par       | 22-Jul |
| Tom Dinnis       | N&P       | 2.00.8 | Par       | 22-Jul |
| Jake Carley      | MBH       | 2.02.3 | Par       | 22-Jul |
| Shay Drew        | N&P       | 2.03.6 | Par       | 22-Jul |
| Peter Tointon    | N&P       | 2.07.6 | Par       | 22-Jul |
| Dean Parkin      | LAC       | 2.08.4 | Par       | 08-Apr |
| Curtis Pay       | Trewirgie | 2.08.8 | Par       | 22-Jul |
| Kieran Bodsworth | N&P       | 2.11.4 | Par       | 08-Apr |
| Jack Durston     | BBS       | 2.13.2 | Par       | 22-Jul |
| David Hunt       | N&P       | 2.13.4 | Par       | 08-Apr |
| Tom Harris       | N&P       | 2.14.1 | Carn Brea | 20-May |
| Josh Yeomans     | N&P       | 2.14.3 | Carn Brea | 15-Jul |
| Kyle Marks       | Trewirgie | 2.15.6 | Carn Brea | 15-Jul |
| Sam Robins       | N&P       | 2.20.4 | Par       | 22-Jul |
| Michael Poole    | CAC       | 2.23.7 | Par       | 06-May |
| Joshua Kemp      | Trewirgie | 2.25.3 | Carn Brea | 15-Jul |

#### 800m

##### County Record 02:30.0

#### 1000m

#### 70m Hurdles 55cm

##### County Record 13.3

|              |     |      |        |        |
|--------------|-----|------|--------|--------|
| Josh Yeomans | N&P | 16.4 | Exeter | 15-Apr |
|--------------|-----|------|--------|--------|

#### 50m Hurdles 55cm

|              |     |      |          |        |
|--------------|-----|------|----------|--------|
| Josh Yeomans | N&P | 10.0 | Braunton | 23-Jun |
|--------------|-----|------|----------|--------|

#### 55m Hurdles

|           |     |      |     |        |
|-----------|-----|------|-----|--------|
| Shay Drew | N&P | 10.8 | Par | 22-Jul |
|-----------|-----|------|-----|--------|

|               |     |      |     |        |
|---------------|-----|------|-----|--------|
| Jake Carley   | MBH | 11.6 | Par | 22-Jul |
| Sam Robins    | N&P | 11.8 | Par | 22-Jul |
| Josh Yeomans  | N&P | 12.1 | Par | 22-Jul |
| Hugh Elworthy | N&P | 12.8 | Par | 22-Jul |
| Cian Head     | N&P | 14.3 | Par | 22-Jul |

#### 4 x 100m Relay

|                      |             |      |           |        |
|----------------------|-------------|------|-----------|--------|
| <b>County Record</b> | <b>61.4</b> |      |           |        |
| Trewirgie Junior Sch |             | 68.0 | Carn Brea | 15-Jul |
| Godolphin CP Sch     |             | 74.4 | Carn Brea | 15-Jul |

#### High Jump

|                      |             |  |  |  |
|----------------------|-------------|--|--|--|
| <b>County Record</b> | <b>1.35</b> |  |  |  |
|----------------------|-------------|--|--|--|

#### Long Jump

|                      |             |      |           |        |
|----------------------|-------------|------|-----------|--------|
| <b>County Record</b> | <b>4.53</b> |      |           |        |
| Shay Drew            | CAC         | 3.88 | Par       | 22-Jul |
| Alistair Tamblyn     | PAC         | 3.80 | Par       | 22-Jul |
| Todd Mitchell        | MBH         | 3.79 | Carn Brea | 19-Aug |

|                         |  |             |  |  |
|-------------------------|--|-------------|--|--|
| <b>National Grade 4</b> |  | <b>3.75</b> |  |  |
|-------------------------|--|-------------|--|--|

|                 |           |      |           |        |
|-----------------|-----------|------|-----------|--------|
| James Channon   | N&P       | 3.71 | Carn Brea | 19-Aug |
| Tom Dinnis      | N&P       | 3.65 | Par       | 22-Jul |
| Ross Drinkell   | N&P       | 3.53 | Par       | 08-Apr |
| Josh Yeomans    | N&P       | 3.48 | Carn Brea | 19-Aug |
| Jack Durston    | bbs       | 3.47 | Par       | 22-Jul |
| Cory Cross      | N&P       | 3.41 | Par       | 22-Jul |
| Tom Harris      | N&P       | 3.33 | Carn Brea | 12-Aug |
| Curtis Pay      | Trewirgie | 3.32 | Carn Brea | 12-Aug |
| Jake Carley     | MBH       | 3.27 | Par       | 22-Jul |
| Peter Tointon   | N&P       | 3.26 | Carn Brea | 12-Aug |
| Ciaran Johnson  | CAC       | 3.22 | Carn Brea | 19-Aug |
| Alex Durrant    | Godolphin | 3.16 | Carn Brea | 15-Jul |
| Jack Trehwella  | CAC       | 3.11 | Plymouth  | 08-Jul |
| Frankie Aldred  | PAC       | 2.98 | Plymouth  | 08-Jul |
| Kieran Westlake | Trewirgie | 2.91 | Carn Brea | 15-Jul |
| Sam Robins      | N&P       | 2.89 | Par       | 22-Jul |
| Leon Fugler     | N&P       | 2.88 | Par       | 22-Jul |

#### Vertical Jump

|                  |           |    |     |        |
|------------------|-----------|----|-----|--------|
| Alistair Tamblyn | PAC       | 38 | Par | 22-Jul |
| Shay Drew        | N&P       | 37 | Par | 22-Jul |
| Cory Cross       | N&P       | 34 | Par | 22-Jul |
| Jack Durston     | BBS       | 34 | Par | 22-Jul |
| Josh Yeomans     | N&P       | 33 | Par | 22-Jul |
| Tom Dinnis       | N&P       | 33 | Par | 22-Jul |
| Hugh Elworthy    | N&P       | 32 | Par | 22-Jul |
| Curtis Pay       | Trewirgie | 31 | Par | 22-Jul |
| Leon Fugler      | N&P       | 30 | Par | 22-Jul |
| Peter Tointon    | N&P       | 30 | Par | 22-Jul |
| Jake Carley      | N&P       | 29 | Par | 22-Jul |
| Daniel Peck      | N&P       | 28 | Par | 22-Jul |
| David Hunt       | N&P       | 28 | Par | 22-Jul |
| Brandon Huddy    | N&P       | 26 | Par | 22-Jul |
| Cian Head        | LAC       | 25 | Par | 22-Jul |
| Sam Robins       | N&P       | 24 | Par | 22-Jul |

|                  |  |             |  |  |
|------------------|--|-------------|--|--|
| <b>Shot Putt</b> |  | <b>6.69</b> |  |  |
|------------------|--|-------------|--|--|

|                  |     |      |     |        |
|------------------|-----|------|-----|--------|
| Nathan Stockburn | N&P | 6.15 | Par | 16-Sep |
|------------------|-----|------|-----|--------|

#### Javelin

|                  |     |       |           |        |
|------------------|-----|-------|-----------|--------|
| Nathan Stockburn | N&P | 17.35 | Par       | 16-Sep |
| Josh Yeomans     | N&P | 11.96 | Carn Brea | 19-Aug |

#### Turbo Javelin

|              |     |       |          |        |
|--------------|-----|-------|----------|--------|
| Josh Yeomans | N&P | 13.78 | Braunton | 23-Jun |
| Nathan Cock  | CAC | 9.91  | Braunton | 23-Jun |

#### Cricket Ball

|                   |           |       |           |        |
|-------------------|-----------|-------|-----------|--------|
| Kieran Westlake   | Trewirgie | 38.25 | Carn Brea | 15-Jul |
| Ross Drinkell     | N&P       | 34.94 | Par       | 06-May |
| Shay Drew         | N&P       | 33.78 | Par       | 22-Jul |
| Harvey Bell       | Trewirgie | 33.36 | Carn Brea | 15-Jul |
| Tom Dinnis        | N&P       | 33.12 | Par       | 22-Jul |
| Jack Trehwella    | MBH       | 32.34 | Carn Brea | 19-Aug |
| Alistair Tamblyn  | PAC       | 31.83 | Par       | 22-Jul |
| Curtis Pay        | Trewirgie | 30.17 | Par       | 22-Jul |
| Jake Carley       | MBH       | 29.28 | Par       | 08-Apr |
| Cory Cross        | N&P       | 29.02 | Par       | 22-Jul |
| Alex Durrant      | Godolphin | 28.66 | Carn Brea | 15-Jul |
| Sam Robins        | N&P       | 28.60 | Par       | 22-Jul |
| Peter Tointon     | N&P       | 27.42 | Par       | 22-Jul |
| Josh Yeomans      | N&P       | 27.37 | Par       | 08-Apr |
| Daniel Peck       | Godolphin | 26.88 | Par       | 22-Jul |
| Jack Durston      | BBS       | 23.45 | Par       | 22-Jul |
| Cameron Mackensie | Godolphin | 22.16 | Carn Brea | 15-Jul |
| Leon Fugler       | N&P       | 21.02 | Par       | 22-Jul |
| David Hunt        | N&P       | 20.41 | Par       | 22-Jul |
| Hugh Elworthy     | N&P       | 19.95 | Par       | 22-Jul |

# Cornwall County Rankings - Oct 06 - Date

As at 30 September 2007

## Under 13 Boys

### 75m

Michael Hunt N&P 11.2 Par 08-Apr

### 100m

**County Record** 12.7 **13.5**

**National Grade 1** 13.0

Sam Bosworth Mounts Bay 13.4 Par 20-Jun

**National Grade 2** 13.5

Bradley Rugg Bodmin 13.6 Par 20-Jun

W Perry Penair 13.7 Par 20-Jun

**National Grade 3** 13.9

Callum Jones CAC 14.1 Exeter 01-Jul

Aiden Halford Redruth 14.2 Par 20-Jun

Jake Cragg Saltash 14.2 Par 20-Jun

Jordan Worth Liskeard 14.2 Par 20-Jun

Jude King Poltair 14.2 Par 20-Jun

O Katz Truro 14.2 Par 20-Jun

Josh Garland CAC 14.2 Carn Brea 12-Aug

Joe Boswell Looe 14.3 Par 20-Jun

Kyle Jones Budehaven 14.3 Par 20-Jun

Liam Littlejohns CAC 14.3 Exeter 02-Sep

Thomas Rawett CAC 14.4 Yeovil 27-May

Aaron Evison N&P 14.5 Carn Brea 20-May

William Harvey N&P 14.5 Yeovil 27-May

Aiden Evison N&P 14.5 Par 22-Jul

J Edison CAC 14.5 Exeter 02-Sep

Jonathon Coles Ply 14.6 Exeter 15-Apr

**National Grade 4** 14.6

Michael Hunt N&P 14.7 Plymouth 08-Jul

Joe Coupe CAC 14.7 Carn Brea 12-Aug

### 150m

**National Grade 1** 20.2

**National Grade 2** 20.9

**National Grade 3** 21.8

**National Grade 4** 22.9

William Harvey N&P 23.4 Par 08-Apr

Michael Hunt N&P 23.5 Par 08-Apr

James Housman N&P 24.0 Par 08-Apr

### 200m

**County Record** 26.0 **28.0**

**National Grade 1** 27.0

**National Grade 2** 27.9

J Murdock Truro 28.4 Par 20-Jun

Liam Littlejohns CAC 28.8 Exeter 01-Jul

**National Grade 3** 29.0

Sam Chun Wadebridge 29.1 Par 20-Jun

?? Camborne 29.4 Par 20-Jun

Callum Jones CAC 29.5 Plymouth 08-Jul

Michael Hunt N&P 29.7 Plymouth 08-Jul

Conor Warne Penrice 29.9 Par 20-Jun

Sam Heslop-George CAC 29.9 Exeter 01-Jul

Sean Barrett Redruth 30.1 Par 20-Jun

Aidan Evison N&P 30.1 Plymouth 08-Jul

Josh Garland CAC 30.3 Exeter 01-Jul

Cadan Crowle ECH 30.3 Plymouth 08-Jul

J Sanderson Penair 30.4 Par 20-Jun

**National Grade 4** 30.5

Aiden Halford CAC 30.7 Carn Brea 15-Jul

Aaron Evison N&P 31.2 Carn Brea 12-Aug

James Housman N&P 31.7 Par 20-Jun

William Harvey N&P 31.9 Yeovil 22-Apr

Treve Rexworthy Hayle 32.1 Par 20-Jun

Jack Fenton Helston 32.2 Par 20-Jun

Luke Simpion Richard Lander 32.2 Par 20-Jun

### 300m

Liam Littlejohns CAC 50.6 Par 08-Apr

Hobie Martin N&P 53.0 Par 08-Apr

### 400m

|                      |                |         |     |             |
|----------------------|----------------|---------|-----|-------------|
| <b>County Record</b> | <b>60.9</b>    |         |     | <b>63.0</b> |
| T Griffiths          | Penair         | 71.7    | Par | 20-Jun      |
| Ollie Baylin         | Richard Lander | 72.2    | Par | 20-Jun      |
| James Burt           | Looe           | 72.9    | Par | 20-Jun      |
| Max Bodily           | Mounts Bay     | 73.14 ? | Par | 20-Jun      |
| Euan Harris          | Hayle          | 74.0    | Par | 20-Jun      |
| Ben Frazer           | Callington     | 74.8    | Par | 20-Jun      |
| Alex Parker          | Helston        | 74.9    | Par | 20-Jun      |
| Nick Byrne           | Polwhele       | 75.2    | Par | 20-Jun      |
| Tom Jennison         | Fowey          | 77.5    | Par | 20-Jun      |

### 600m

|                      |               |  |                 |
|----------------------|---------------|--|-----------------|
| <b>County Record</b> | <b>1.38.5</b> | <b>UK All Time - 9th - Charles Gunning</b> | <b>01:44</b>    |
| Jonathon Coles       | Ply           | 1.46.1                                     | Exeter 15-Apr   |
| Callum Jones         | CAC           | 1.49.1                                     | Par 08-Apr      |
| Aidan Evison         | N&P           | 1.50.3                                     | Plymouth 01-Apr |
| Liam Littlejohns     | CAC           | 1.54.3                                     | Par 08-Apr      |
| William Harvey       | N&P           | 2.02.3                                     | Plymouth 01-Apr |

### 800m

|                         |               |   |                  |
|-------------------------|---------------|---|------------------|
| <b>County Record</b>    | <b>2.11.2</b> | <b>UK All Time - 4th Chris Perrington</b> | <b>02:28</b>     |
| Callum Jones            | CAC           | 2.22.8                                    | Carn Brea 15-Jul |
| <b>National Grade 1</b> |               | <b>2.23.0</b>                             |                  |
| Jonathon Coles          | Ply           | 2.23.84                                   | Exeter 05-Aug    |
| Sam Heslop-George       | CAC           | 2.26.08                                   | Exeter 05-Aug    |
| <b>National Grade 2</b> |               | <b>2.28.0</b>                             |                  |
| Aidan Evison            | N&P           | 2.28.5                                    | Carn Brea 19-Aug |
| <b>National Grade 3</b> |               | <b>2.33.0</b>                             |                  |
| Liam Littlejohns        | CAC           | 2.38.7                                    | Par 22-Jul       |
| Alex Stubbs             | Budehaven     | 2.38.9                                    | Par 20-Jun       |
| Hobie Martin            | N&P           | 2.40.7                                    | Yeovil 27-May    |
| Sam Bosworth            | M Bay Sch     | 2.40.9                                    | Par 23-May       |
| <b>National Grade 4</b> |               | <b>2.41.0</b>                             |                  |
| Kyle Fraser             | Helston       | 2.42.0                                    | Par 20-Jun       |
| Josh Carnell            | Looe          | 2.43.2                                    | Plymouth 08-Jul  |
| Edward Alston           | Truro         | 2.43.6                                    | Carn Brea 13-May |
| Adam Trace              | Bude          | 2.44.2                                    | Par 23-May       |
| Ryan Butler             | Bude          | 2.46.6                                    | Par 23-May       |
| Josh Mingo              | Brannel       | 2.48.7                                    | Par 20-Jun       |
| Cadan Crowle            | ECH           | 2.48.7                                    | Carn Brea 12-Aug |
| Tom Foster              | Penrice       | 2.49.0                                    | Par 20-Jun       |
| Scott Gutteridge        | Treviglas     | 2.50.2                                    | Par 20-Jun       |
| Rhys Brownfield         | Mounts Bay    | 2.50.6                                    | Par 20-Jun       |
| James Townrow           | Penair        | 2.51.1                                    | Par 23-May       |
| Ryan Hale               | Fowey         | 2.51.1                                    | Par 20-Jun       |
| Chris Parry             | Penair        | 2.51.6                                    | Par 23-May       |

### 1200m

|                      |               |  |            |
|----------------------|---------------|--|------------|
| <b>County Record</b> | <b>3.45.5</b> | <b>UK All Time - 2nd Charles Gunning</b> |            |
| Aidan Evison         | N&P           | 4.01.7                                   | Par 08-Apr |
| Callum Jones         | CAC           | 4.04.5                                   | Par 08-Apr |
| Hobie Martin         | N&P           | 4.15.7                                   | Par 08-Apr |

### 1500m

|                         |               |               |                  |
|-------------------------|---------------|---------------|------------------|
| <b>County Record</b>    | <b>4.35.8</b> |               | <b>05:05</b>     |
| <b>National Grade 1</b> |               | <b>4.51.5</b> |                  |
| Callum Jones            | CAC           | 4.56.3        | Exeter 05-Aug    |
| Jonathon Coles          | Ply           | 4.59.0        | Exeter 31-Jul    |
| <b>National Grade 2</b> |               | <b>5.01.0</b> |                  |
| Aidan Evison            | N&P           | 5.03.0        | Exeter 05-Aug    |
| Sam Heslop-George       | CAC           | 5.06.1        | Exeter 01-Jul    |
| <b>National Grade 3</b> |               | <b>5.09.0</b> |                  |
| Hobie Martin            | N&P           | 5.13.1        | Carn Brea 13-May |
| Josh Carnell            | Looe          | 5.23.4        | Par 20-Jun       |
| <b>National Grade 4</b> |               | <b>5.25.0</b> |                  |
| Ben Brown               | Callington    | 5.25.7        | Par 20-Jun       |
| Stephen House           | Wadebridge    | 5.30.8        | Par 20-Jun       |
| Liam Littlejohns        | CAC           | 5.33.4        | Yeovil 22-Apr    |
| Ryan Jelbert            | Truro         | 5.42.8        | Par 20-Jun       |
| Marcel Torode           | Mounts Bay    | 5.47.0        | Par 20-Jun       |
| Chris Parry             | Penair        | 5.48.5        | Par 20-Jun       |



|                         |           |             |           |        |
|-------------------------|-----------|-------------|-----------|--------|
| Andrew Whatty           | Roseland  | 1.23        | Par       | 23-May |
| Ben Moore               | Liskeard  | 1.23        | Par       | 23-May |
| Jordan Worth            | Liskeard  | 1.23        | Par       | 23-May |
| Toby Holloway           | Godolphin | 1.23        | Par       | 22-Jul |
| James Housman           | N&P       | 1.23 SH     | Carn Brea | 19-Nov |
| Housman                 | N&P/Charl | 1.20        | Par       | 23-May |
| Chris Brown             | Bodmin    | 1.21        | Par       | 20-Jun |
| Conor Warne             | Penrice   | 1.21        | Par       | 20-Jun |
| Jonathon Mailes         | Truro     | 1.20        | Par       | 23-May |
| Reece Brownfield        | M Bay Sch | 1.20        | Par       | 23-May |
| Michael Hunt            | N&P       | 1.20 SH     | Carn Brea | 19-Nov |
| <b>National Grade 4</b> |           | <b>1.20</b> |           |        |

### Pole Vault

**County Record**      **2.72 UK All Time - 7th= - Jordan Henwood**      **2.00**

### Long Jump

**County Record**      **5.06**      **4.40**

Aidan Evison      N&P      4.92      Plymouth      08-Jul

**National Grade 1**      **4.65**

Ryan Jelbert      Truro      4.43      Par      20-Jun

Liam Littlejohns      CAC      4.42      Par      06-May

Adam Trace      Bude      4.38      Par      23-May

**National Grade 2**      **4.35**

Kyle Jones      Budehaven      4.27      Par      20-Jun

Aaron Evison      N&P      4.24      Braunton      23-Jun

William Harvey      N&P      4.24      Par      22-Jul

Ryan Butler      Bude      4.21      Par      23-May

Nick Byrne      Polwhele      4.14      Par      20-Jun

**National Grade 3**      **4.10**

Sam Bosworth      M Bay Sch      4.09      Par      23-May

Chris Parry      Penair      3.98      Par      23-May

Sam Chun      Wadebridge      3.97      Par      20-Jun

Callum Jones      CAC      3.97      Par      22-Jul

Callum George      Mounts Bay      3.95      Par      20-Jun

Dan Semple      Roseland      3.94      Par      23-May

Rob Cleveland      Callington      3.93      Par      20-Jun

Sam Vage      CAC      3.90      Carn Brea      20-May

Jonathon Mailes      Truro      3.89      Par      23-May

Sam Merchant      Poltair      3.89      Par      20-Jun

Oli Katz      Truro      3.88      Par      23-May

Dylan Peel      Liskeard      3.88      Par      20-Jun

Liam Andrews      Redruth      3.88      Par      20-Jun

Adam Dingle      N&P      3.87      Plymouth      08-Jul

Andrew Whatty      Roseland      3.85      Par      23-May

Sam Furze      N&P      3.83      Carn Brea      15-Jul

Dom Buck      ECH      3.83      Carn Brea      12-Aug

Henry Turner      Penair      3.82      Par      23-May

Will Perry      Penair      3.78      Par      23-May

Joel Dunn-Willson      Penair      3.77      Par      23-May

Ry Crocker      Treviglas      3.75      Par      20-Jun

**National Grade 4**      **3.75**

**Triple Jump**      **9.00**

**County Record**      9.96

### Shot Putt

**County Record**      **11.74**      **8.50**

Sam Bosworth      M Bay Sch      9.62      Par      23-May

**National Grade 1**      **9.20**

Sam Trudgian      Poltair      8.69      Par      20-Jun

**National Grade 2**      **8.15**

Dylan Peel      Liskeard      7.79      Par      23-May

Jordan Worth      Liskeard      7.72      Par      23-May

Jonathon Mailes      Truro      7.67      Par      23-May

Callum Jones      CAC      7.58      Par      16-Sep

Oli Katz      Truro      7.44      Par      23-May

Will Harvey      N&P      7.25      Par      16-Sep

**National Grade 3**      **7.15**

Sy Chapman      N&P      7.11      Par      16-Sep

Ryan Butler      Bude      7.08      Par      23-May

Aaron Bennett      Camborne      6.92      Par      20-Jun

Jack Ramsey      Mounts Bay      6.89      Par      20-Jun

Joe Burton      Cape Cornwall      6.86      Par      20-Jun

Liam Quick      Egg      6.82      Carn Brea      15-Jul

Russell Hales      Hayle      6.79      Par      20-Jun

Brad Rollason      Liskeard      6.73      Par      20-Jun

|                         |            |             |           |        |
|-------------------------|------------|-------------|-----------|--------|
| Daniel Edwards          | Looe       | 6.70        | Par       | 20-Jun |
| Adam Dingle             | N&P        | 6.03        | Par       | 22-Jul |
| James Townrow           | Penair     | 6.63        | Par       | 23-May |
| Scott Gregor            | Redruth    | 6.52        | Par       | 20-Jun |
| J Mailes                | Truro      | 6.48        | Par       | 20-Jun |
| Matt Bolwell            | Wadebridge | 6.45        | Par       | 20-Jun |
| Reece Brownfield        | M Bay Sch  | 6.29        | Par       | 23-May |
| Matthew Mansell         | MBH        | 5.99        | Carn Brea | 13-May |
| Adam Trace              | Bude       | 5.98        | Par       | 23-May |
| Will Perry              | Penair     | 5.91        | Par       | 23-May |
| <b>National Grade 4</b> |            | <b>5.90</b> |           |        |

## Discus

**County Record 25.35 21.00**

|                 |                |       |           |        |
|-----------------|----------------|-------|-----------|--------|
| Niall Carolan   | Truro          | 23.85 | Carn Brea | 13-May |
| J Townrow       | Penair         | 19.82 | Par       | 20-Jun |
| Will Harvey     | N&P            | 16.39 | Par       | 16-Sep |
| William Maughan | Richard Lander | 16.03 | Par       | 20-Jun |
| Sy Chapman      | N&P            | 14.99 | Carn Brea | 19-Aug |
| Scott Daly      | Poltair        | 14.89 | Par       | 20-Jun |
| Will Cox        | Penrice        | 14.47 | Par       | 20-Jun |
| M Bolding       | Bodmin         | 13.96 | Par       | 20-Jun |
| ??              | Callington     | 13.81 | Par       | 20-Jun |
| Sam Adlard      | Helston        | 13.65 | Par       | 20-Jun |
| Tom Henderson   | Mounds Bay     | 13.20 | Par       | 20-Jun |
| Dean Clemo      | Fowey          | 13.15 | Par       | 20-Jun |

## Hammer

**3.25Kg**

**County Record 28.81 21.00**

## Javelin

**County Record 37.75 30.00**

**National Grade 1 32.70**

|              |            |       |           |        |
|--------------|------------|-------|-----------|--------|
| Aidan Evison | N&P        | 32.37 | Carn Brea | 19-Aug |
| Aaron Evison | N&P        | 31.75 | Carn Brea | 19-Aug |
| Callum Jones | CAC        | 29.14 | Par       | 16-Sep |
| Sam Bosworth | Mounds Bay | 28.69 | Par       | 20-Jun |

**National Grade 2 28.00**

**National Grade 3 23.50**

|                 |            |       |           |        |
|-----------------|------------|-------|-----------|--------|
| Jordan Scarlett | CAC        | 22.20 | Exeter    | 10-Jun |
| Chris Parry     | Penair     | 22.17 | Par       | 22-Jul |
| Marcus Wildman  | Camborne   | 21.55 | Par       | 20-Jun |
| Wayne Relos     | Callington | 21.43 | Par       | 20-Jun |
| Dirk Moodie     | Redruth    | 20.65 | Par       | 20-Jun |
| Paddy Daniel    | Hayle      | 19.65 | Par       | 20-Jun |
| Cameron Musell  | Godolphin  | 18.16 | Par       | 22-Jul |
| Sy Chapman      | N&P        | 18.07 | Carn Brea | 19-Aug |
| H Turner        | Penair     | 17.79 | Par       | 20-Jun |

**National Grade 4 17.65**

|               |            |       |     |        |
|---------------|------------|-------|-----|--------|
| Will Wood     | Wadebridge | 17.32 | Par | 20-Jun |
| Connor Hobson | Penrice    | 16.85 | Par | 20-Jun |
| Joe Richards  | Poltair    | 16.74 | Par | 20-Jun |
| Michael Hunt  | N&P        | 16.35 | Par | 22-Jul |

## Pentathlon

**(75mH)**

**County Record 1805 1600**

|                   |           |      |     |        |
|-------------------|-----------|------|-----|--------|
| Sam Bosworth      | M Bay Sch | 1469 | Par | 23-May |
| Will Harvey       | N&P       | 1164 | Par | 22-Jul |
| Adam Trace        | Bude      | 1074 | Par | 23-May |
| Dylan Peel        | Liskeard  | 1054 | Par | 23-May |
| Liam Littlejohns  | CAC       | 1046 | Par | 09-Sep |
| Jordan Worth      | Liskeard  | 1031 | Par | 23-May |
| Ryan Butler       | Bude      | 992  | Par | 23-May |
| Jonathon Mailes   | Truro     | 976  | Par | 23-May |
| James Townrow     | Penair    | 968  | Par | 23-May |
| Reece Brownfield  | M Bay Sch | 943  | Par | 23-May |
| Oli Katz          | Truro     | 932  | Par | 23-May |
| Andrew Whatty     | Roseland  | 924  | Par | 23-May |
| Chris Parry       | Penair    | 915  | Par | 23-May |
| Dan Semple        | Roseland  | 883  | Par | 23-May |
| Henry Turner      | Penair    | 785  | Par | 23-May |
| Will Perry        | Penair    | 778  | Par | 23-May |
| James Housman     | N&P/Charl | 769  | Par | 23-May |
| Joel Dunn-Willson | Penair    | 729  | Par | 23-May |
| Kieron Rowe       | N&P       | 663  | Par | 22-Jul |
| Elliot Little     | Truro     | 650  | Par | 23-May |

**Cornwall County Rankings - Oct 06 - Date**

As at 30 September 2007

**U15 Boys****100m**

|                         |                |             |      |                  |
|-------------------------|----------------|-------------|------|------------------|
| <b>County Record</b>    | <b>11.3</b>    |             |      | <b>12.3</b>      |
| <b>National Grade 1</b> |                | <b>11.8</b> |      |                  |
| Dominic Penhall         | Fowey          | 12.08       | -1.0 | Exeter 05-Aug    |
| <b>National Grade 2</b> |                | <b>12.1</b> |      |                  |
| James Clarke            | Helston        | 12.3        |      | Par 20-Jun       |
| James Moriarty          | Roseland       | 12.4        |      | Carn Brea 09-Jun |
| Moriarty                | Cwll Schs      | 12.70       | -1.4 | Yeovil 16-Jun    |
| Daniel Yorke            | N&P            | 12.4        |      | Carn Brea 19-Aug |
| <b>National Grade 3</b> |                | <b>12.5</b> |      |                  |
| H Murrell               | Penair         | 12.7        |      | Par 20-Jun       |
| Sam Chapman             | Looe           | 12.7        |      | Par 20-Jun       |
| James Eddison           | CAC            | 12.9        |      | Exeter 02-Sep    |
| Sam Harry               | CAC            | 13.0        |      | Carn Brea 19-Aug |
| Tony Richards           | Poltair        | 13.1        |      | Carn Brea 09-Jun |
| <b>National Grade 4</b> |                | <b>13.1</b> |      |                  |
| Alex Knights            | Richard Lander | 13.2        |      | Par 20-Jun       |
| Liam Johns              | Redruth        | 13.2        |      | Par 20-Jun       |
| Robert Newcome          | CAC            | 13.2        |      | Carn Brea 12-Aug |
| Dexter Cater            | N&P            | 13.3        |      | Carn Brea 20-May |
| Hilly Murrell           | Penair         | 13.3        |      | Carn Brea 09-Jun |
| Ryan Penna              | Truro          | 13.3        |      | Carn Brea 09-Jun |
| Luke Howells            | Fowey          | 13.3        |      | Par 20-Jun       |
| Jacob Cain              | N&P            | 13.3        |      | Carn Brea 12-Aug |
| Tom Booth               | Torpoint       | 13.4        |      | Par 20-Jun       |
| Josh Doyle              | Camborne       | 13.5        |      | Par 20-Jun       |
| Isaac Vassell           | N&P            | 13.6        |      | Par 08-Apr       |
| Lawrence Mitchell       | N&P            | 13.6        |      | Par 08-Apr       |
| Josh Brigly             | CAC            | 13.6        |      | Exeter 02-Sep    |

**150m**

|                   |     |      |  |            |
|-------------------|-----|------|--|------------|
| Patrick Hignell   | N&P | 21.3 |  | Par 08-Apr |
| Jacob Cain        | N&P | 21.8 |  | Par 08-Apr |
| Lawrence Mitchell | N&P | 21.8 |  | Par 08-Apr |
| Dexter Cater      | N&P | 22.8 |  | Par 08-Apr |

**200m**

|                         |              |             |      |                  |
|-------------------------|--------------|-------------|------|------------------|
| <b>County Record</b>    | <b>23.4</b>  |             |      | <b>25.3</b>      |
| <b>National Grade 1</b> |              | <b>24.1</b> |      |                  |
| Dominic Penhall         | N&P          | 24.7        |      | Exeter 01-Jul    |
| <b>National Grade 2</b> |              | <b>24.8</b> |      |                  |
| James Moriarty          | Roseland     | 25.0        |      | Carn Brea 09-Jun |
| Moriarty                | Cwll Schs    | 25.46       | -4.0 | Yeovil 16-Jun    |
| <b>National Grade 3</b> |              | <b>25.6</b> |      |                  |
| Daniel York             | N&P          | 25.7        |      | Exeter 02-Sep    |
| Matt Booth              | Poltair      | 25.98       | -0.3 | Yeovil 16-Jun    |
| J Pryor                 | Roseland     | 26.1        |      | Carn Brea 09-Jun |
| Jake Maverhills         | Richard L    | 26.3        |      | Carn Brea 09-Jun |
| Oliver Taylor           | Penrice      | 26.6        |      | Carn Brea 09-Jun |
| Ryan Penna              | Truro        | 26.6        |      | Par 20-Jun       |
| James Eddison           | CAC          | 26.6        |      | Carn Brea 12-Aug |
| H Durr                  | St Ives      | 26.9        |      | Carn Brea 09-Jun |
| Patrick Hignell         | N&P          | 27.0        |      | Carn Brea 20-May |
| Josh Brigly             | Bolitho      | 27.0        |      | Exeter 02-Sep    |
| <b>National Grade 4</b> |              | <b>27.0</b> |      |                  |
| Sam Harry               | CAC          | 27.2        |      | Exeter 02-Sep    |
| Kyle Worth              | Penair       | 27.3        |      | Par 20-Jun       |
| Josh Bruce              | Fowey        | 27.4        |      | Par 20-Jun       |
| Liam Boyden             | Penrice      | 27.7        |      | Carn Brea 09-Jun |
| Dexter Cater            | N&P          | 27.8        |      | Carn Brea 20-May |
| Jacob Cain              | N&P          | 27.9        |      | Exeter 02-Sep    |
| Lloyd Heron             | Humphry Davy | 28.0        |      | Par 20-Jun       |
| Dean Scott              | N&P          | 28.3        |      | Yeovil 22-Apr    |

**300m**

|              |     |      |  |            |
|--------------|-----|------|--|------------|
| Dexter Cater | N&P | 46.2 |  | Par 08-Apr |
|--------------|-----|------|--|------------|

**400m**

|                         |             |             |  |                  |
|-------------------------|-------------|-------------|--|------------------|
| <b>County Record</b>    | <b>52.2</b> |             |  | <b>57.0</b>      |
| <b>National Grade 1</b> |             | <b>54.4</b> |  |                  |
| <b>National Grade 2</b> |             | <b>56.1</b> |  |                  |
| Sam Harry               | CAC         | 57.3        |  | Carn Brea 12-Aug |
| Dean Scott              | N&P         | 57.8        |  | Yeovil 22-Apr    |
| Jake Maverhills         | Richard L   | 57.8        |  | Carn Brea 09-Jun |
| <b>National Grade 3</b> |             | <b>57.9</b> |  |                  |
| Dominic Penhall         | N&P         | 58.3        |  | Plymouth 08-Jul  |
| Matt Tregay             | Looe        | 60.4        |  | Carn Brea 09-Jun |
| Daniel Elston           | Poltair     | 60.8        |  | Carn Brea 09-Jun |
| J Keene                 | Looe        | 60.8        |  | Carn Brea 09-Jun |
| Tristan Thornton        | Truro       | 60.9        |  | Carn Brea 09-Jun |
| J Caw                   | N Tret      | 61.2        |  | Carn Brea 09-Jun |
| <b>National Grade 4</b> |             | <b>61.6</b> |  |                  |
| Harry Preston           | Mullion     | 61.7        |  | Carn Brea 09-Jun |
| Jacob Cain              | N&P         | 62.2        |  | Exeter 01-Jul    |
| James Eddison           | CAC         | 61.7        |  | Carn Brea 12-Aug |
| Sam Williams            | CAC         | 63.0        |  | Exeter 10-Jun    |
| A McPhee                | Bodmin      | 63.5        |  | Carn Brea 09-Jun |
| Gareth Smith            | Bodmin      | 63.7        |  | Par 20-Jun       |

|                 |            |      |           |        |
|-----------------|------------|------|-----------|--------|
| J Rogers        | Roseland   | 63.8 | Carn Brea | 09-Jun |
| Will Edmondson  | Penrice    | 63.8 | Carn Brea | 09-Jun |
| G Smith         | Bodmin     | 66.0 | Carn Brea | 09-Jun |
| Jack Daniels    | N Tret     | 67.0 | Carn Brea | 09-Jun |
| Joel McWilliams | Hayle      | 67.7 | Par       | 20-Jun |
| Adam Blackmore  | Mounts Bay | 67.8 | Par       | 20-Jun |
| Dave Dajondon   | Callington | 67.8 | Par       | 20-Jun |

**600m** **01:35**

**800m**

**County Record** **1.54.72 UK RECORD - Jordon West** **02:13**

National Grade 1 2.07.5

Sam Harry CAC 2.08.24 Barnett 26-Aug

Dean Scott N&P 2.08.6 Exeter 24-Apr

National Grade 2 2.12.0

National Grade 3 2.16.0

James Eddison Redruth 2.21.9 Carn Brea 15-Jul

National Grade 4 2.23.5

Tom Coles Ply 2.23.9 Exeter 26-Jun

Ben Currah N Tret 2.25.8 Carn Brea 09-Jun

Sam Hodge Truro 2.26.9 Carn Brea 13-May

Daniel Pearce Poltair 2.27.7 Carn Brea 09-Jun

Harry Alan Penair 2.28.6 Carn Brea 12-Aug

Jacob Cain N&P 2.29.3 Exeter 02-Sep

A McPhee Bodmin 2.29.4 Carn Brea 09-Jun

Daniel York Brannel 2.29.7 Par 23-May

Joe Skuse Penair 2.29.8 Par 23-May

Jacob Kendall Liskeard 2.30.2 Par 22-Jul

Christian Townrow Penair 2.30.9 Par 23-May

Chris Harris N&P 2.32.0 Carn Brea 12-Aug

Trystan Thornton Truro 2.33.7 Par 23-May

George Hudson Penair 2.33.8 Par 23-May

Oliver Taylor Penrice 2.34.4 Par 23-May

Alex Pollard Liskeard 2.34.8 Par 23-May

Gabriel Fishlock Wadebridge 2.35.3 Par 23-May

**1500m**

**County Record** **4.06.5 UK All Time - 16th= Jordon West** **04:35**

Dean Scott N&P 4.14.79 Birmingham 13-Jul

National Grade 1 4.27.5

National Grade 2 4.36.5

Sam Harry CAC 4.41.4 Carn Brea 19-Aug

George Linaker N&P/Penrice 4.43.6 Carn Brea 09-Jun

National Grade 3 4.44.0

Connor Robinson Redruth 4.45.4 Carn Brea 15-Jul

Dan Nash ECH 4.53.9 Carn Brea 12-Aug

Tom Coles Ply 4.54.3 Carn Brea 09-Jun

National Grade 4 4.59.0

Sam Williams CAC/R Lander 5.00.9 Carn Brea 09-Jun

Joe Skuse CAC/Penair 5.04.0 Carn Brea 09-Jun

Josh Tack Ply 5.09.6 Street 07-May

Tom Brady Redruth 5.11.3 Carn Brea 15-Jul

T Rawett CAC 5.18.6 Exeter 01-Jul

Ben Heslop Fowey 5.23.4 Carn Brea 09-Jun

M Bersey Roseland 5.26.4 Carn Brea 09-Jun

Jacob Cain N&P 5.27.0 Exeter 01-Jul

B Thompson Roseland 5.33.2 Carn Brea 09-Jun

Matt George N&P 5.33.4 Yeovil 22-Apr

Aaron Jose MBH 5.34.2 Plymouth 08-Jul

**1 Mile**

**County Record** **4.36.50** **05:00**

Dean Scott N&P 4.36.50 Solihull 21-Jul

Aaron Jose MBH 6.04.4 Carn Brea 20-May

**2000m**

Aaron Jose MBH 7.33.4 Par 08-Apr

**3000m**

**County Record** **8.59.2 UK All Time - 17th Jon Richards** **10:00**

National Grade 1 9.26.0

National Grade 2 9.43.0

National Grade 3 9.56.0

National Grade 4 10.25.0

Tom Coles Ply 11.04.4 Plymouth 01-Apr

Aaron Jose MBH 11.52.5 Carn Brea 19-Aug

**80m Hurdles**

**County Record** **11.59** **13.0**

National Grade 1 12.0

National Grade 2 12.5

National Grade 3 13.3

Chris Harris N&P 13.5 Par 19-Aug

Jacob Kendall Liskeard 14.1 Par 22-Jul

Barney Butler Penair 14.2 Par 23-May

Isaac Vassell N&P 14.4 Carn Brea 09-Jun

James Clayton Penrice 14.4 Carn Brea 09-Jun

National Grade 4 14.4

|                  |            |      |     |        |        |
|------------------|------------|------|-----|--------|--------|
| Fred Clark       | Truro      | 14.6 | 1.4 | Exeter | 23-Jun |
| Oliver Taylor    | Penrice    | 14.6 | 0.9 | Exeter | 23-Jun |
| Liam Boyden      | Penrice    | 14.7 |     | Par    | 23-May |
| Daniel York      | Brannel    | 14.8 |     | Par    | 23-May |
| Harry Webber     | Wadebridge | 14.9 |     | Par    | 23-May |
| Hilly Murrel     | Penair     | 15.9 |     | Par    | 23-May |
| Matthew Treeay   | Penair     | 15.9 |     | Par    | 23-May |
| Harry Alan       | Penair     | 16.0 |     | Par    | 23-May |
| Gabriel Fishlock | Wadebridge | 16.1 |     | Par    | 23-May |
| Alex Pollard     | Liskeard   | 16.2 |     | Par    | 23-May |
| Jake Nicole      | Wadebridge | 16.2 |     | Par    | 23-May |
| Ryan Penna       | Truro      | 16.2 |     | Par    | 23-May |
| Rob Coote        | Truro      | 16.3 |     | Par    | 23-May |
| Alex Nankivell   | Penrice    | 16.5 |     | Par    | 23-May |
| Trystan Thornton | Truro      | 16.7 |     | Par    | 23-May |

### 1500m Steeplechase

#### 4 x 100m Relay

|                      |                                   |       |  |           |             |
|----------------------|-----------------------------------|-------|--|-----------|-------------|
| <b>County Record</b> | <b>47.6 (46.3 Schools Select)</b> |       |  |           | <b>50.0</b> |
| Cornwall Schools     |                                   | 48.58 |  | Yeovil    | 16-Jun      |
| Newquay & Par        |                                   | 52.0  |  | Carn Brea | 20-Sep      |
| Poltair              |                                   | 52.5  |  | Carn Brea | 09-Jun      |
| Richard Lander       |                                   | 52.8  |  | Carn Brea | 09-Jun      |
| Saltash              |                                   | 53.6  |  | Carn Brea | 09-Jun      |
| Looe                 |                                   | 53.7  |  | Carn Brea | 09-Jun      |
| Penair               |                                   | 53.8  |  | Carn Brea | 09-Jun      |
| Penrice              |                                   | 54.7  |  | Carn Brea | 09-Jun      |
| Newquay Tretherras   |                                   | 55.2  |  | Carn Brea | 09-Jun      |
| Cornwall AC          |                                   | 56.6  |  | Exeter    | 10-Jun      |
| Truro                |                                   | 56.9  |  | Par       | 20-Jun      |
| Fowey                |                                   | 57.7  |  | Par       | 20-Jun      |
| Treviglas            |                                   | 57.9  |  | Par       | 20-Jun      |
| Redruth              |                                   | 58.7  |  | Par       | 20-Jun      |
| Torpoint             |                                   | 59    |  | Par       | 20-Jun      |
| Callington           |                                   | 59.3  |  | Par       | 20-Jun      |
| Budehaven            |                                   | 59.7  |  | Par       | 20-Jun      |
| Camborne             |                                   | 59.9  |  | Par       | 20-Jun      |

#### 4 x 400m Relay

|                      |               |        |  |        |              |
|----------------------|---------------|--------|--|--------|--------------|
| <b>County Record</b> | <b>3.44.2</b> |        |  |        | <b>04:00</b> |
| Newquay & Par        |               | 4.15.7 |  | Exeter | 01-Jul       |

#### 4 x 800m Relay

|                      |               |         |  |           |        |
|----------------------|---------------|---------|--|-----------|--------|
| <b>County Record</b> | <b>3.44.2</b> |         |  |           |        |
| Cornwall AC          |               | 10.31.0 |  | Carn Brea | 20-Sep |

### High Jump

|                      |             |  |  |  |             |
|----------------------|-------------|--|--|--|-------------|
| <b>County Record</b> | <b>1.78</b> |  |  |  | <b>1.60</b> |
|----------------------|-------------|--|--|--|-------------|

|                  |  |      |  |  |  |
|------------------|--|------|--|--|--|
| National Grade 1 |  | 1.72 |  |  |  |
|------------------|--|------|--|--|--|

|            |       |      |  |           |        |
|------------|-------|------|--|-----------|--------|
| Fred Clark | Truro | 1.70 |  | Carn Brea | 13-May |
|------------|-------|------|--|-----------|--------|

|                  |  |      |  |  |  |
|------------------|--|------|--|--|--|
| National Grade 2 |  | 1.62 |  |  |  |
|------------------|--|------|--|--|--|

|              |     |      |  |           |        |
|--------------|-----|------|--|-----------|--------|
| Dexter Cater | N&P | 1.55 |  | Carn Brea | 13-May |
|--------------|-----|------|--|-----------|--------|

|                  |  |      |  |  |  |
|------------------|--|------|--|--|--|
| National Grade 3 |  | 1.55 |  |  |  |
|------------------|--|------|--|--|--|

|            |     |      |  |           |        |
|------------|-----|------|--|-----------|--------|
| Harry Alan | CAC | 1.53 |  | Carn Brea | 12-Aug |
|------------|-----|------|--|-----------|--------|

|               |         |      |  |     |        |
|---------------|---------|------|--|-----|--------|
| James Clayton | Penrice | 1.45 |  | Par | 23-May |
|---------------|---------|------|--|-----|--------|

|            |       |      |  |     |        |
|------------|-------|------|--|-----|--------|
| Ryan Penna | Truro | 1.45 |  | Par | 23-May |
|------------|-------|------|--|-----|--------|

|                  |  |      |  |  |  |
|------------------|--|------|--|--|--|
| National Grade 4 |  | 1.45 |  |  |  |
|------------------|--|------|--|--|--|

|               |          |      |  |        |        |
|---------------|----------|------|--|--------|--------|
| Jacob Kendall | Liskeard | 1.42 |  | Exeter | 23-Jun |
|---------------|----------|------|--|--------|--------|

|              |          |      |  |     |        |
|--------------|----------|------|--|-----|--------|
| Alex Pollard | Liskeard | 1.40 |  | Par | 23-May |
|--------------|----------|------|--|-----|--------|

|               |        |      |  |     |        |
|---------------|--------|------|--|-----|--------|
| Barney Butler | Penair | 1.40 |  | Par | 23-May |
|---------------|--------|------|--|-----|--------|

|               |     |      |  |          |        |
|---------------|-----|------|--|----------|--------|
| Callum Evison | N&P | 1.40 |  | Plymouth | 08-Jul |
|---------------|-----|------|--|----------|--------|

|             |         |      |  |        |        |
|-------------|---------|------|--|--------|--------|
| Daniel York | Brannel | 1.39 |  | Exeter | 23-Jun |
|-------------|---------|------|--|--------|--------|

|               |         |      |  |        |        |
|---------------|---------|------|--|--------|--------|
| Oliver Taylor | Penrice | 1.39 |  | Exeter | 23-Jun |
|---------------|---------|------|--|--------|--------|

|             |            |      |  |     |        |
|-------------|------------|------|--|-----|--------|
| Mark Twyman | Wadebridge | 1.38 |  | Par | 23-May |
|-------------|------------|------|--|-----|--------|

|           |           |      |  |     |        |
|-----------|-----------|------|--|-----|--------|
| Dan Regan | Treviglas | 1.36 |  | Par | 20-Jun |
|-----------|-----------|------|--|-----|--------|

|              |         |      |  |     |        |
|--------------|---------|------|--|-----|--------|
| Chris Harris | Brannel | 1.35 |  | Par | 23-May |
|--------------|---------|------|--|-----|--------|

|                 |       |      |  |     |        |
|-----------------|-------|------|--|-----|--------|
| Edward Gleadowe | Truro | 1.35 |  | Par | 23-May |
|-----------------|-------|------|--|-----|--------|

|              |        |      |  |     |        |
|--------------|--------|------|--|-----|--------|
| Hilly Murrel | Penair | 1.35 |  | Par | 23-May |
|--------------|--------|------|--|-----|--------|

|            |          |      |  |     |        |
|------------|----------|------|--|-----|--------|
| Kyle Worth | Liskeard | 1.35 |  | Par | 23-May |
|------------|----------|------|--|-----|--------|

|             |         |      |  |     |        |
|-------------|---------|------|--|-----|--------|
| Liam Boyden | Penrice | 1.35 |  | Par | 23-May |
|-------------|---------|------|--|-----|--------|

|              |      |      |  |           |        |
|--------------|------|------|--|-----------|--------|
| S Cartwright | Looe | 1.35 |  | Carn Brea | 09-Jun |
|--------------|------|------|--|-----------|--------|

|           |     |      |  |        |        |
|-----------|-----|------|--|--------|--------|
| Sam Harry | CAC | 1.45 |  | Exeter | 02-Sep |
|-----------|-----|------|--|--------|--------|

|               |        |      |  |           |        |
|---------------|--------|------|--|-----------|--------|
| Jamie Johnson | N Tret | 1.32 |  | Carn Brea | 09-Jun |
|---------------|--------|------|--|-----------|--------|

### Pole Vault

|                      |   |  |  |  |             |
|----------------------|---|--|--|--|-------------|
| <b>County Record</b> | <b>3.75 UK All Time -16th - Richard Quixley</b> |  |  |  | <b>2.50</b> |
|----------------------|---|--|--|--|-------------|

|                  |  |      |  |  |  |
|------------------|--|------|--|--|--|
| National Grade 1 |  | 3.30 |  |  |  |
|------------------|--|------|--|--|--|

|               |     |      |  |        |        |
|---------------|-----|------|--|--------|--------|
| Isaac Vassell | N&P | 3.10 |  | Barnet | 26-Aug |
|---------------|-----|------|--|--------|--------|

|                  |  |      |  |  |  |
|------------------|--|------|--|--|--|
| National Grade 2 |  | 2.90 |  |  |  |
|------------------|--|------|--|--|--|

|                  |  |      |  |  |  |
|------------------|--|------|--|--|--|
| National Grade 3 |  | 2.70 |  |  |  |
|------------------|--|------|--|--|--|

|                  |  |      |  |  |  |
|------------------|--|------|--|--|--|
| National Grade 4 |  | 2.20 |  |  |  |
|------------------|--|------|--|--|--|

|              |     |      |  |        |        |
|--------------|-----|------|--|--------|--------|
| Dexter Cater | N&P | 2.15 |  | Exeter | 01-Jul |
|--------------|-----|------|--|--------|--------|

### Long Jump

|                      |             |  |  |  |             |
|----------------------|-------------|--|--|--|-------------|
| <b>County Record</b> | <b>5.84</b> |  |  |  | <b>5.50</b> |
|----------------------|-------------|--|--|--|-------------|

|                         |          |      |           |        |
|-------------------------|----------|------|-----------|--------|
| <b>National Grade 1</b> |          |      |           |        |
| 5.75                    |          |      |           |        |
| <b>National Grade 2</b> |          |      |           |        |
| 5.35                    |          |      |           |        |
| Fred Clark              | Truro    | 5.33 | Par       | 22-Jul |
| Matt Booth              | Poltair  | 5.31 | Yeovil    | 16-Jun |
| Barney Butler           | Penair   | 5.14 | Par       | 23-May |
| <b>National Grade 3</b> |          |      |           |        |
| 5.10                    |          |      |           |        |
| Dominic Penhall         | Fowey    | 5.07 | Carn Brea | 09-Jun |
| Isaac Vassell           | N&P      | 5.02 | Carn Brea | 13-May |
| J Rogers                | Roseland | 4.95 | Carn Brea | 09-Jun |
| Chris Harris            | Brannel  | 4.93 | Carn Brea | 19-Aug |
| Daniel York             | Brannel  | 4.90 | Par       | 23-May |
| Jacob Kendall           | Liskeard | 4.83 | Par       | 22-Jul |
| Lawrence Mitchell       | N&P      | 4.81 | Par       | 08-Apr |
| Ryan Penna              | Truro    | 4.80 | Carn Brea | 13-May |
| Sam Chapman             | Looe     | 4.77 | Carn Brea | 09-Jun |
| Hilly Murrel            | Penair   | 4.74 | Par       | 23-May |
| <b>National Grade 4</b> |          |      |           |        |
| 4.70                    |          |      |           |        |
| J Pryor                 | Roseland | 4.60 | Carn Brea | 09-Jun |
| Liam Bowden             | Penrice  | 4.59 | Par       | 23-May |
| Oliver Taylor           | Penrice  | 4.58 | Exeter    | 23-Jun |
| Matthew Treeay          | Penair   | 4.52 | Par       | 23-May |
| Rob Coote               | Truro    | 4.38 | Par       | 23-May |
| Kyle Worth              | Liskeard | 4.37 | Par       | 23-May |

### Triple Jump

**County Record**      **12.56**      **11.50**

|                         |             |       |           |        |
|-------------------------|-------------|-------|-----------|--------|
| <b>National Grade 1</b> |             |       |           |        |
| 12.35                   |             |       |           |        |
| Tony Richards           | Poltair     | 11.82 | Yeovil    | 16-Jun |
| <b>National Grade 2</b> |             |       |           |        |
| 11.80                   |             |       |           |        |
| <b>National Grade 3</b> |             |       |           |        |
| 11.20                   |             |       |           |        |
| Hilly Murrell           | Penair      | 10.97 | Carn Brea | 09-Jun |
| Chris Harris            | N&P/Brannel | 10.78 | Exeter    | 02-Sep |
| Sam Harry               | CAC         | 10.35 | Exeter    | 02-Sep |
| Adam Powell             | Looe        | 10.28 | Carn Brea | 09-Jun |
| <b>National Grade 4</b> |             |       |           |        |
| 10.20                   |             |       |           |        |
| Isaac Vassell           | N&P         | 10.14 | Yeovil    | 27-May |
| Ben Heslop              | Fowey       | 10.00 | Carn Brea | 09-Jun |
| Patrick Hignell         | N&P         | 9.58  | Carn Brea | 20-May |
| Oliver Smith            | Truro       | 9.35  | Carn Brea | 09-Jun |
| James Salt              | Looe        | 9.20  | Carn Brea | 09-Jun |
| S Williams              | CAC         | 8.66  | Exeter    | 10-Jun |
| Joe Coupe               | CAC         | 8.56  | Carn Brea | 12-Aug |

### Shot Putt

**County Record**      **15.20**      **11.00**

|                         |           |       |           |        |
|-------------------------|-----------|-------|-----------|--------|
| Matt Halton             | N&P       | 15.20 | Exeter    | 05-Aug |
| <b>National Grade 1</b> |           |       |           |        |
| 12.75                   |           |       |           |        |
| <b>National Grade 2</b> |           |       |           |        |
| 11.50                   |           |       |           |        |
| Alex Knights            | Richard L | 11.07 | Carn Brea | 09-Jun |
| <b>National Grade 3</b> |           |       |           |        |
| 10.55                   |           |       |           |        |
| Fred Clark              | Truro     | 10.51 | Exeter    | 23-Jun |
| Kyle Worth              | Liskeard  | 9.79  | Par       | 23-May |
| J Durrant               | Fowey     | 9.68  | Carn Brea | 09-Jun |
| M Tregay                | Penair    | 9.64  | Carn Brea | 09-Jun |
| James Ring              | Torpoint  | 9.38  | Par       | 20-Jun |
| Jacob Kendall           | Liskeard  | 9.22  | Exeter    | 23-Jun |
| Tom Richardson          | Looe      | 9.13  | Par       | 20-Jun |
| Matthew Treeay          | Penair    | 9.00  | Par       | 23-May |
| Kieran Brownfield       | Mts Bay   | 8.98  | Par       | 23-May |
| <b>National Grade 4</b> |           |       |           |        |
| 8.90                    |           |       |           |        |
| Harry Alan              | Penair    | 8.76  | Par       | 23-May |
| Liam Boyden             | Penrice   | 8.73  | Par       | 23-May |
| Oliver Taylor           | Penrice   | 8.67  | Par       | 23-May |
| Sam Hodge               | Truro     | 8.62  | Carn Brea | 13-May |
| Barney Butler           | Penair    | 8.19  | Par       | 23-May |
| Josh Rushent            | CAC       | 8.17  | Carn Brea | 15-Jul |
| Luke Howells            | Fowey     | 8.11  | Par       | 20-Jun |
| Trystan Thornton        | Truro     | 8.10  | Par       | 23-May |
| Hilly Murrel            | Penair    | 8.09  | Par       | 23-May |
| Sam Jewitt              | Truro     | 7.99  | Par       | 23-May |

### Discus

**County Record**      **42.62**      **30.00**

|                         |           |       |           |        |
|-------------------------|-----------|-------|-----------|--------|
| <b>National Grade 1</b> |           |       |           |        |
| 35.55                   |           |       |           |        |
| Matt Halton             | N&P       | 32.77 | Barnet    | 26-Aug |
| Tom Chandler            | St Ives   | 31.92 | Carn Brea | 09-Jun |
| <b>National Grade 2</b> |           |       |           |        |
| 30.15                   |           |       |           |        |
| Alex Knights            | Richard L | 28.12 | Carn Brea | 09-Jun |
| <b>National Grade 3</b> |           |       |           |        |
| 25.50                   |           |       |           |        |
| Kieran Brownfield       | Mts Bay   | 25.19 | Carn Brea | 09-Jun |
| Harry Alan              | Penair    | 22.84 | Carn Brea | 12-Aug |

|                         |                |              |           |        |
|-------------------------|----------------|--------------|-----------|--------|
| Greg Word               | Richard Lander | 21.78        | Par       | 20-Jun |
| <b>National Grade 4</b> |                | <b>19.90</b> |           |        |
| Will Edmondson          | Penrice        | 19.85        | Carn Brea | 09-Jun |
| Hugh Williams           | Redruth        | 19.78        | Carn Brea | 15-Jul |
| Daniel Elston           | Poltair        | 19.40        | Carn Brea | 09-Jun |
| Oliver Taylor           | Penrice        | 19.26        | Carn Brea | 09-Jun |
| Matt Pooley             | Mounts Bay     | 19.23        | Par       | 20-Jun |
| A Gaukroger             | Truro          | 18.41        | Carn Brea | 09-Jun |
| Jack Lawrence           | Torpoint       | 16.81        | Par       | 20-Jun |
| Oliver Coyle            | CAC            | 16.11        | Yeovil    | 22-Apr |
| Tom Brady               | Redruth        | 15.84        | Par       | 20-Jun |
| Matt George             | N&P            | 15.84        | Exeter    | 01-Jul |
| Sam Williams            | CAC            | 14.69        | Yeovil    | 22-Apr |
| Sam Nicholls            | Cape Cornwall  | 13.39        | Par       | 20-Jun |
| Jack Mat                | Camborne       | 13.26        | Par       | 20-Jun |
| Ryan Yeo                | Bodmin         | 12.91        | Par       | 20-Jun |
| Rob Marshall            | Liskeard       | 12.69        | Par       | 20-Jun |

## Hammer

**County Record 47.26 33.00**

**Matt Halton N&P 47.26 Par 16-Sep**

|                         |     |              |        |        |
|-------------------------|-----|--------------|--------|--------|
| <b>National Grade 1</b> |     | <b>45.00</b> |        |        |
| National Grade 2        |     | 36.25        |        |        |
| National Grade 3        |     | 28.00        |        |        |
| National Grade 4        |     | 20.50        |        |        |
| Oliver Coyle            | CAC | 16.11        | Yeovil | 22-Apr |
| Matt George             | N&P | 15.81        | Exeter | 01-Jul |

## Javelin

**County Record 51.62 40.00**

**National Grade 1 42.50**

**National Grade 2 37.65**

**Isaac Vassell N&P 34.22 Exeter 05-Aug**

**National Grade 3 33.35**

|                               |              |       |           |        |
|-------------------------------|--------------|-------|-----------|--------|
| Callum Evison                 | N&P          | 32.85 | Exeter    | 02-Sep |
| Tristan Thornton              | Richard L    | 31.63 | Carn Brea | 09-Jun |
| Matt Halton                   | N&P          | 30.05 | Exeter    | 02-Sep |
| Hugh Williams                 | Redruth      | 29.10 | Carn Brea | 15-Jul |
| James Eddison                 | Redruth      | 28.49 | Exeter    | 02-Sep |
| Andrew Eddison                | CAC          | 27.12 | Carn Brea | 12-Aug |
| R Cruikshanks                 | Saltash      | 26.85 | Carn Brea | 09-Jun |
| Jack Daniels                  | N Tret       | 26.82 | Carn Brea | 09-Jun |
| <b>National Grade 4 26.55</b> |              |       |           |        |
| Sam Hewitt                    | Truro        | 25.70 | Carn Brea | 13-May |
| B Thompson                    | Roseland     | 25.66 | Carn Brea | 09-Jun |
| Jack Webb                     | Torpoint     | 25.32 | Par       | 20-Jun |
| Scott Kimpton                 | Helston      | 23.52 | Par       | 20-Jun |
| Will Pengelly                 | Looe         | 23.19 | Par       | 20-Jun |
| Oliver Coyle                  | CAC          | 21.92 | Yeovil    | 27-May |
| P King                        | Roseland     | 21.72 | Carn Brea | 09-Jun |
| Mike Springett                | Humphry Davy | 21.69 | Par       | 20-Jun |
| Gareth Smith                  | Bodmin       | 20.66 | Par       | 20-Jun |
| M Pooley                      | Looe         | 20.58 | Carn Brea | 09-Jun |
| G Hudson                      | Penair       | 20.25 | Par       | 20-Jun |
| Josh Tack                     | Ply          | 19.60 | Plymouth  | 08-Jul |

## Pentathlon

**County Record 2758 2000**

**National Grade 1 2625**

**National Grade 2 2300**

**Fred Clark Truro 2130 Exeter 23-Jun**

**National Grade 3 2000**

|               |          |      |        |        |
|---------------|----------|------|--------|--------|
| Jacob Kendall | Liskeard | 1894 | Par    | 22-Jul |
| Barney Butler | Penair   | 1806 | Par    | 23-May |
| Daniel York   | Brannel  | 1689 | Par    | 23-May |
| Oliver Taylor | Penrice  | 1684 | Exeter | 23-Jun |

**National Grade 4 1600**

|                  |          |      |     |        |
|------------------|----------|------|-----|--------|
| Liam Boyden      | Penrice  | 1584 | Par | 23-May |
| Harry Alan       | Penair   | 1474 | Par | 23-May |
| Ryan Penna       | Truro    | 1468 | Par | 23-May |
| Hilly Murrel     | Penair   | 1433 | Par | 23-May |
| Kyle Worth       | Liskeard | 1427 | Par | 23-May |
| James Clayton    | Penrice  | 1374 | Par | 23-May |
| Matthew Treeay   | Penair   | 1372 | Par | 23-May |
| Alex Pollard     | Liskeard | 1365 | Par | 23-May |
| Chris Harris     | Brannel  | 1360 | Par | 23-May |
| Joe Skuse        | Penair   | 1330 | Par | 23-May |
| Rob Coote        | Truro    | 1267 | Par | 23-May |
| George Hudson    | Penair   | 1237 | Par | 23-May |
| Sam Jewitt       | Truro    | 1176 | Par | 23-May |
| Trystan Thornton | Truro    | 1157 | Par | 23-May |
| Luke Cloke       | Liskeard | 1147 | Par | 23-May |

## Cornwall County Rankings - Oct 06 - Date

As at 30 September 2007

### U17 Men

#### 100m

|                         |             |             |            |             |
|-------------------------|-------------|-------------|------------|-------------|
| <b>County Record</b>    | <b>11.0</b> |             |            | <b>11.7</b> |
| <b>National Grade 1</b> |             | <b>11.2</b> |            |             |
| David Willis            | CAC         | 11.3        | Carn Brea  | 20-May      |
| Willis                  |             | 11.57       | 0.0 Yeovil | 16-Jun      |
| <b>National Grade 2</b> |             | <b>11.5</b> |            |             |
| Phillip Warwicker       | CAC         | 11.8        | Exeter     | 29-May      |
| Warwicker               |             | 12.02       | Yeovil     | 16-Jun      |
| <b>National Grade 3</b> |             | <b>11.8</b> |            |             |
| Daniel Pearce           | N&P         | 12.0        | Par        | 02-Jun      |
| Josh Harris             | N Tret      | 12.1        | Carn Brea  | 09-Jun      |
| <b>National Grade 4</b> |             | <b>12.2</b> |            |             |
| C Putt                  | Fowey       | 12.3        | Carn Brea  | 09-Jun      |
| A Richards              | Mullion     | 12.4        | Carn Brea  | 09-Jun      |
| James Daniel            | Penair      | 12.7        | Carn Brea  | 09-Jun      |
| Wut Williams            | CAC         | 12.7        | Carn Brea  | 12-Aug      |
| Daniel Drew             | CAC         | 12.8        | Par        | 22-Jul      |
| Owen Willett            | CAC         | 13.3        | Par        | 22-Jul      |
| Josh Carhart            | N&P         | 13.3        | Exeter     | 02-Sep      |

#### 150m

|              |     |      |     |        |
|--------------|-----|------|-----|--------|
| David Willis | CAC | 18.2 | Par | 08-Apr |
|--------------|-----|------|-----|--------|

#### 200m

|                         |                   |             |           |             |
|-------------------------|-------------------|-------------|-----------|-------------|
| <b>County Record</b>    | <b>22.3w/22.4</b> |             |           | <b>24.0</b> |
| <b>National Grade 1</b> |                   | <b>22.8</b> |           |             |
| David Willis            | CAC               | 23.5        | Yeovil    | 27-May      |
| <b>National Grade 2</b> |                   | <b>23.5</b> |           |             |
| Lee Hamilton            | N&P               | 23.7        | Plymouth  | 01-Apr      |
| <b>National Grade 3</b> |                   | <b>23.9</b> |           |             |
| Phillip Warwicker       | CAC               | 24.0        | Exeter    | 02-Sep      |
| Daniel Pearce           | N&P               | 24.1        | Par       | 02-Jun      |
| Charles Gunning         | SB                | 24.3        | Plymouth  | 01-Apr      |
| Josh Horwell            | CAC               | 24.9        | Exeter    | 01-Jul      |
| <b>National Grade 4</b> |                   | <b>24.9</b> |           |             |
| A Richards              | Mullion           | 25.2        | Carn Brea | 09-Jun      |
| Philip Powell           | Truro             | 25.8        | Carn Brea | 09-Jun      |
| Tom Willis              | CAC               | 26.3        | Carn Brea | 12-Aug      |
| Daniel Drew             | CAC               | 26.4        | Carn Brea | 09-Jun      |
| M Dobinson              | CAC               | 27.0        | Exeter    | 02-Sep      |
| Rob Fowlie              | N&P               | 27.1        | Plymouth  | 08-Jul      |
| Josh Carhart            | N&P/N Tret        | 27.4        | Exeter    | 01-Jul      |
| George Willmott         | CAC               | 33.2        | Yeovil    | 22-Apr      |

#### 300m

|                   |     |      |     |        |
|-------------------|-----|------|-----|--------|
| Phillip Warwicker | CAC | 40.3 | Par | 08-Apr |
|-------------------|-----|------|-----|--------|

#### 400m

|                         |             |             |           |             |
|-------------------------|-------------|-------------|-----------|-------------|
| <b>County Record</b>    | <b>49.8</b> |             |           | <b>53.5</b> |
| Lee Hamilton            | N&P         | 50.31       | Exeter    | 15-Sep      |
| Charles Gunning         | SB          | 51.4        | Carn Brea | 20-May      |
| <b>National Grade 1</b> |             | <b>51.4</b> |           |             |
| David Willis            | CAC         | 51.76       | Yeovil    | 16-Jun      |
| <b>National Grade 2</b> |             | <b>53.1</b> |           |             |
| Daniel Pearce           | N&P/Bude    | 53.8        | Carn Brea | 09-Jun      |
| Pearce                  |             | 54.52       | Yeovil    | 16-Jun      |
| <b>National Grade 3</b> |             | <b>54.3</b> |           |             |
| Jay Hill                | N&P/Penrice | 54.9        | Par       | 23-May      |
| Michael Burn            | Richard L   | 56.0        | Carn Brea | 09-Jun      |
| Philip Powell           | Truro       | 56.1        | Carn Brea | 13-May      |
| Brian Disney            | CAC?        | 56.5        | Carn Brea | 12-Aug      |
| <b>National Grade 4</b> |             | <b>56.7</b> |           |             |
| Phillip Warwicker       | CAC         | 57.3        | Yeovil    | 22-Apr      |
| Daniel Drew             | CAC         | 58.1        | Carn Brea | 09-Jun      |
| ???                     | Redruth     | 58.3        | Carn Brea | 09-Jun      |
| Charlie Allen           | Truro       | 59.2        | Par       | 23-May      |
| Jarred Wearne           | Penair      | 60.2        | Par       | 23-May      |
| Liam Dury               | Mullion     | 60.7        | Carn Brea | 09-Jun      |
| Kennan Fowlie           | N&P         | 60.7        | Eton      | 14-Jul      |
| Aaron Crowle            | ECH         | 62.8        | Carn Brea | 12-Aug      |
| Ben Shipwright          | Penair      | 62.9        | Par       | 23-May      |
| Tom Willis              | CAC         | 63.0        | Exeter    | 01-Jul      |
| Will Skuse              | Penair      | 63.4        | Par       | 23-May      |
| William Eustice         | Truro       | 63.9        | Par       | 23-May      |
| Jake Butler             | Penair      | 65.8        | Par       | 23-May      |

#### 600m

|                 |    |        |     |        |
|-----------------|----|--------|-----|--------|
| Charles Gunning | SB | 1.25.5 | Par | 08-Apr |
|-----------------|----|--------|-----|--------|

#### 800m

|                         |                |               |           |              |
|-------------------------|----------------|---------------|-----------|--------------|
| <b>County Record</b>    | <b>1.53.09</b> |               |           | <b>02:05</b> |
| Charles Gunning         | SB             | 1.57.85       | Ashford   | 27-May       |
| <b>National Grade 1</b> |                | <b>1.58.5</b> |           |              |
| <b>National Grade 2</b> |                | <b>2.01.5</b> |           |              |
| <b>National Grade 3</b> |                | <b>2.05.5</b> |           |              |
| Lee Hamilton            | N&P            | 2.06.0        | Exeter    | 02-Sep       |
| Jacob Landers           | Ply            | 2.06.8        | Exeter    | 26-Aug       |
| <b>National Grade 4</b> |                | <b>2.10.7</b> |           |              |
| Daniel Drew             | CAC            | 2.11.3        | Carn Brea | 13-May       |
| Owen Willet             | CAC/Pool       | 2.11.7        | Exeter    | 05-Aug       |
| Matt Cann               | N Tret         | 2.13.1        | Carn Brea | 09-Jun       |
| Ryan Cleave             | CAC            | 2.15.3        | Exeter    | 02-Sep       |
| Kennan Fowlie           | N&P            | 2.17.7        | Eton      | 14-Jul       |

|                           |  |                |              |              |
|---------------------------|--|----------------|--------------|--------------|
| Tom Willis                | CAC  | 2.19.4         | Exeter       | 10-Jun       |
| Phillip Warwicker         | CAC  | 2.25.3         | Par          | 22-Jul       |
| J Ibbott                  | Redruth  | 2.25.6         | Carn Brea    | 09-Jun       |
| Chris Sykes               | Ply/Looe   | 2.28.0         | Carn Brea    | 09-Jun       |
| Daniel Pearce             | N&P  | 2.28.5         | Par          | 22-Jul       |
| <b>1200m</b>              |  |                |              |              |
| Charles Gunning           | SB   | 3.31.8         | Par          | 08-Apr       |
| <b>1500m</b>              |  |                |              |              |
| <b>County Record</b>      | <b>3.54.0</b>                                    |                |              | <b>04:20</b> |
| <b>National Grade 1</b>   |  | <b>4.08.0</b>  |              |              |
| Charles Gunning           | SB/N&P   | 4.15.8         | Exeter       | 29-May       |
| <b>National Grade 2</b>   |  | <b>4.17.5</b>  |              |              |
| Jacob Landers             | Ply  | 4.20.6         | Exeter       | 31-Jul       |
| <b>National Grade 3</b>   |  | <b>4.25.0</b>  |              |              |
| Ryan Cleave               | CAC  | 4.26.7         | Exeter       | 31-Aug       |
| Lee Hamilton              | N&P  | 4.26.9         | Exeter       | 24-Jun       |
| Owen Willett              | CAC/Pool   | 4.28.7         | Carn Brea    | 09-Jun       |
| <b>National Grade 4</b>   |  | <b>4.37.5</b>  |              |              |
| Charlie Allen             | Truro  | 4.39.9         | Carn Brea    | 09-Jun       |
| Chris Sykes               | Ply/Looe   | 4.40.2         | Carn Brea    | 09-Jun       |
| ???                       | Redruth  | 4.46.8         | Carn Brea    | 09-Jun       |
| Daniel Pearce             | N&P  | 4.51.2         | Exeter       | 24-Jun       |
| Jay Hill                  | N&P  | 4.52.5         | Exeter       | 24-Jun       |
| R Fowlie                  | N&P  | 4.53.9         | Carn Brea    | 09-Jun       |
| Daniel Drew               | CAC  | 4.58.9         | Yeovil       | 22-Apr       |
| Dan Evers                 | Poltair  | 5.04.5         | Carn Brea    | 09-Jun       |
| R Lagor                   | Poltair  | 5.06.8         | Carn Brea    | 09-Jun       |
| Kennan Fowlie             | N&P  | 5.07.1         | Eton         | 04-Aug       |
| Phillip Warwicker         | CAC  | 5.11.5         | Exeter       | 24-Jun       |
| <b>1 Mile</b>             |  |                |              |              |
| <b>County Record</b>      | <b>4.19.40</b>                                   |                |              | <b>04:45</b> |
| Charles Gunning           | SB   | 4.59.1         | Carn Brea    | 20-May       |
| Owen Willett              | CAC  | 5.13.9         | Carn Brea    | 20-May       |
| <b>3000m</b>              |  |                |              |              |
| <b>County Record</b>      | <b>8.26.92 UK All Time - 12th - Jon Richards</b> |                |              | <b>09:30</b> |
| <b>National Grade 1</b>   |  | <b>8.57.5</b>  |              |              |
| <b>National Grade 2</b>   |  | <b>9.20.0</b>  |              |              |
| Jacob Landers             | Ply  | 9.31.7         | Carn Brea    | 13-May       |
| <b>National Grade 3</b>   |  | <b>9.38.0</b>  |              |              |
| Ryan Cleave               | Wade   | 10.08.4        | Carn Brea    | 09-Jun       |
| <b>National Grade 4</b>   |  | <b>10.10.0</b> |              |              |
| Nick Ramsden              | Laun C   | 10.27.8        | Carn Brea    | 09-Jun       |
| Chris Sykes               | Ply  | 10.43.2        | Carn Brea    | 13-May       |
| Ollie Ramsden             | Laun C   | 11.03.0        | Carn Brea    | 09-Jun       |
| Tom Willis                | CAC  | 11.56.2        | Exeter       | 02-Sep       |
| <b>5000m</b>              |  |                |              |              |
| <b>County Record</b>      | <b>15.15.2</b>                                   |                |              |              |
| Ryan Cleave               | CAC  | 18.17.8        | Carn Brea    | 12-Aug       |
| <b>100m Hurdles</b>       |  |                |              |              |
| <b>County Record</b>      | <b>13.10</b>                                     |                |              | <b>15.0</b>  |
| Lee Hamilton              | N&P/Wade   | 13.10          | 1.4 Coventry | 25-Aug       |
| <b>National Grade 1</b>   |  | <b>13.7</b>    |              |              |
| <b>National Grade 2</b>   |  | <b>14.3</b>    |              |              |
| <b>National Grade 3</b>   |  | <b>14.9</b>    |              |              |
| Daniel Pearce             | N&P  | 15.7           | Exeter       | 23-Jun       |
| Phillip Warwicker         | CAC  | 15.8           | Exeter       | 29-May       |
| <b>National Grade 4</b>   |  | <b>16.0</b>    |              |              |
| Jay Hill                  | N&P/Penrice                                      | 16.3           | Par          | 23-May       |
| Ben Shipwright            | Penair   | 19.5           | Par          | 23-May       |
| Philip Powell             | Truro  | 19.6           | Par          | 23-May       |
| William Eustice           | Truro  | 20.8           | Par          | 23-May       |
| Jarred Wearne             | Penair   | 20.9           | Par          | 23-May       |
| Charlie Allen             | Truro  | 21.1           | Par          | 23-May       |
| Jake Butler               | Penair   | 21.4           | Par          | 23-May       |
| Will Skuse                | Penair   | 22.5           | Par          | 23-May       |
| Daniel Drew               | CAC  | 23.4           | Exeter       | 01-Jul       |
| <b>400m Hurdles</b>       |  |                |              |              |
| <b>County Record</b>      | <b>54.11</b>                                     |                |              | <b>61.0</b>  |
| Lee Hamilton              | N&P  | 54.11          | Birmingham   | 14-Jul       |
| <b>National Grade 1</b>   |  | <b>57.1</b>    |              |              |
| <b>National Grade 2</b>   |  | <b>59.5</b>    |              |              |
| <b>National Grade 3</b>   |  | <b>61.6</b>    |              |              |
| <b>National Grade 4</b>   |  | <b>64.7</b>    |              |              |
| Daniel Drew               | CAC  | 68.8           | Yeovil       | 27-May       |
| Phillip Warwicker         | CAC  | 75.9           | Exeter       | 02-Sep       |
| <b>1500m Steeplechase</b> |  |                |              |              |
| <b>County Record</b>      | <b>4.20.8</b>                                    |                |              | <b>05:00</b> |
| <b>National Grade 1</b>   |  | <b>4.31.0</b>  |              |              |
| <b>National Grade 2</b>   |  | <b>4.43.0</b>  |              |              |
| Jacob Landers             | Ply/Saltash                                      | 4.45.17        | Yeovil       | 16-Jun       |
| <b>National Grade 3</b>   |  | <b>4.55.0</b>  |              |              |
| Ryan Cleave               | CAC  | 4.59.1         | Exeter       | 01-Jul       |
| <b>National Grade 4</b>   |  | <b>5.10.0</b>  |              |              |
| Owen Willett              | CAC  | 5.16.7         | Yeovil       | 22-Apr       |
| George Willmott           | CAC  | 5.40.4         | Yeovil       | 22-Apr       |
| <b>2000m Steeplechase</b> |  |                |              |              |
| Ryan Cleave               | CAC  | 6.48.9         | Exeter       | 05-Aug       |
| <b>4 x 100m Relay</b>     |  |                |              |              |
| <b>County Record</b>      | <b>45.9 (44.50 Schools select)</b>               |                |              | <b>47.0</b>  |
| Cornwall Schools          |  | 45.69          | Yeovil       | 16-Jun       |
| Newquay & Par             |  | 48.8           | Exeter       | 02-Sep       |
| Cornwall AC               |  | 49.4           | Exeter       | 10-Jun       |
| <b>4 x 400m Relay</b>     |  |                |              |              |
| <b>County Record</b>      | <b>3.33.1</b>                                    |                |              | <b>03:45</b> |
| Cornwall AC               |  | 3.56.7         | Exeter       | 01-Jul       |

Newquay & Par 3.57.9 Exeter 01-Jul

## High Jump

**County Record** 1.91 **1.75**

**National Grade 1** 1.90

Daniel Pearce N&P 1.80 Exeter 02-Sep

**National Grade 2** 1.80

Jay Hill N&P 1.78 Exeter 24-Jun

Lee Hamilton N&P/Wade 1.76 Par 09-Sep

**National Grade 3** 1.70

**National Grade 4** 1.60

Phillip Warwicker CAC 1.55 Yeovil 27-May

Ben Shipwright Penair 1.42 Par 23-May

Charlie Allen Truro 1.39 Par 23-May

Jarred Wearne Penair 1.39 Par 23-May

Will Skuse Penair 1.36 Par 23-May

Jake Butler Penair 1.33 Par 23-May

Philip Powell Truro 1.30 Par 23-May

Daniel Drew CAC 1.30 Yeovil 27-May

M Dobinson CAC 1.30 Exeter 02-Sep

William Eustice Truro 1.25 Par 23-May

## Pole Vault

**County Record** 4.20 **3.00**

**National Grade 1** 4.20

Jordan Henwood N&P 4.10 Plymouth 08-Jul

**National Grade 2** 3.70

**National Grade 3** 3.20

**National Grade 4** 2.65

Phillip Warwicker CAC 2.30 Par 09-Sep

## Long Jump

**County Record** 6.86 **6.00**

Lee Hamilton N&P 6.65 -0.7 Exeter 05-Aug

**National Grade 1** 6.20

Jay Hill N&P/Penrice 6.00 Par 23-May

**National Grade 2** 5.85

Daniel Pearce N&P/Bude 5.70 Par 22-Jul

Josh Harris N Tret 5.66 Carn Brea 09-Jun

**National Grade 3** 5.55

David Willis CAC 5.53 Exeter 02-Sep

Josh Horwell CAC 5.51 Exeter 10-Jun

Phillip Warwicker CAC 5.43 Par 06-May

Daniel Drew CAC 5.43 Par 22-Jul

Ben Shipwright Penair 5.19 Par 23-May

**National Grade 4** 5.15

M Dobinson CAC 4.90 Exeter 02-Sep

Aaron Crowle ECH 4.72 Carn Brea 12-Aug

Owen Willett CAC 4.67 Par 22-Jul

Josh Carhart N&P 4.64 Carn Brea 13-May

William Eustice Truro 4.58 Par 23-May

Jake Butler Penair 4.54 Par 23-May

Charlie Allen Truro 4.25 Par 23-May

Will Skuse Penair 4.25 Par 23-May

Philip Powell Truro 4.15 Par 23-May

Jarred Wearne Penair 4.12 Par 23-May

Tom Willis CAC 3.87 Yeovil 27-May

## Triple Jump

**County Record** 13.76 **12.50**

Phillip Warwicker CAC 13.19 Carn Brea 19-Aug

**National Grade 1** 12.85

Lee Hamilton N&P 12.83 Carn Brea 20-May

**National Grade 2** 12.25

Josh Horwell CAC 11.85 Exeter 01-Jul

Liam Drury Mullion 11.75 Carn Brea 09-Jun

**National Grade 3** 11.75

Hugo Jones Richard L 11.71 Carn Brea 09-Jun

**National Grade 4** 10.80

Josh Carhart N&P 10.21 Exeter 01-Jul

Kennan Fowlie N&P 9.71 Exeter 01-Jul

Daniel Drew CAC 9.52 Yeovil 22-Apr

## Shot Putt

**County Record** 15.03 **12.00**

**National Grade 1** 14.00

**National Grade 2** 12.30

Jay Hill N&P/Penrice 11.75 Par 23-May

Phillip Warwicker CAC/Fal 11.26 Exeter 24-Jun

**National Grade 3** 11.25

Lee Hamilton N&P/Wade 11.33 Exeter 16-Sep

Daniel Pearce N&P/Bude 10.52 Exeter 01-Jul

Will Skuse Penair 10.33 Par 23-May

**National Grade 4** 9.50

William Eustice Truro 9.44 Par 23-May

Michael Swinchatt Falmouth 9.13 Carn Brea 09-Jun

Philip Powell Truro 8.53 Par 23-May

Jake Butler Penair 8.52 Par 23-May

Liam Glanville CAC 8.52 Exeter 01-Jul

Charlie Allen Truro 8.44 Par 23-May

Jarred Wearne Penair 8.26 Par 23-May

Ben Shipwright Penair 8.15 Par 23-May

Owen Willett CAC 7.52 Par 22-Jul

Tom Willis CAC 3.74 Exeter 01-Jul

## Discus

1.5kg

|                         |   |              |           |              |
|-------------------------|---|--------------|-----------|--------------|
| <b>County Record</b>    | <b>43.20</b>                                  |              |           | <b>34.00</b> |
| <b>National Grade 1</b> |   | <b>41.85</b> |           |              |
| Jay Hill                | N&P   | 39.69        | Exeter    | 23-Jun       |
| <b>National Grade 2</b> |   | <b>34.60</b> |           |              |
| Lee Hamilton            | N&P   | 33.16        | Exeter    | 15-Sep       |
| M Swinchatt             | Falmouth                                      | 31.34        | Carn Brea | 09-Jun       |
| <b>National Grade 3</b> |   | <b>29.90</b> |           |              |
| Phillip Warwicker       | CAC   | 26.61        | Exeter    | 23-Jun       |
| Will Skuse              | Penair  | 25.68        | Carn Brea | 09-Jun       |
| Liam Glanville          | Richard L                                     | 24.87        | Exeter    | 02-Sep       |
| Daniel Pearce           | N&P   | 23.00        | Par       | 09-Sep       |
| <b>National Grade 4</b> |   | <b>22.90</b> |           |              |
| David Willis            | CAC   | 18.30        | Exeter    | 10-Jun       |
| Daniel Drew             | CAC   | 13.82        | Par       | 22-Jul       |
| <b>Hammer</b>           | <b>5kg</b>                                    |              |           |              |
| <b>County Record</b>    | <b>59.52</b>                                  |              |           | <b>37.00</b> |
| Jay Hill                | N&P/Penrice                                   | 59.52        | Exeter    | 02-Sep       |
| <b>National Grade 1</b> |   | <b>52.85</b> |           |              |
| <b>National Grade 2</b> |   | <b>46.00</b> |           |              |
| Matt Halton             | U15 N&P                                       | 43.05        | Exeter    | 05-Aug       |
| <b>National Grade 3</b> |   | <b>34.25</b> |           |              |
| Liam Glanville          | Richard L                                     | 26.50        | Exeter    | 02-Sep       |
| <b>National Grade 4</b> |   | <b>24.30</b> |           |              |
| <b>Javelin</b>          |   |              |           |              |
| <b>County Record</b>    | <b>57.98</b>                                  |              |           | <b>45.00</b> |
| <b>National Grade 1</b> |   | <b>51.40</b> |           |              |
| <b>National Grade 2</b> |   | <b>44.50</b> |           |              |
| Daniel Pearce           | N&P/Bude                                      | 42.31        | Carn Brea | 12-Aug       |
| <b>National Grade 3</b> |   | <b>39.00</b> |           |              |
| Jay Hill                | N&P/Penrice                                   | 37.44        | Par       | 23-May       |
| Will Skuse              | Penair  | 34.69        | Par       | 23-May       |
| Richard Crowle          | Falmouth                                      | 34.62        | Carn Brea | 09-Jun       |
| <b>National Grade 4</b> |   | <b>31.55</b> |           |              |
| Phillip Warwicker       | CAC/Fal                                       | 31.21        | Exeter    | 23-Jun       |
| Matt Cann               | N Tret  | 31.10        | Carn Brea | 09-Jun       |
| Owen Willett            | CAC   | 30.90        | Exeter    | 10-Jun       |
| Lee Hamilton            | N&P/Wade                                      | 30.12        | Exeter    | 15-Sep       |
| Barney Smith            | Bodmin  | 29.25        | Carn Brea | 09-Jun       |
| Ben Shipwright          | Penair  | 28.51        | Par       | 23-May       |
| Jarred Wearne           | Penair  | 24.20        | Par       | 23-May       |
| William Eustice         | Truro   | 24.00        | Par       | 23-May       |
| Jake Butler             | Penair  | 23.71        | Par       | 23-May       |
| Charlie Allen           | Truro   | 21.36        | Par       | 23-May       |
| Philip Powell           | Truro   | 18.93        | Par       | 23-May       |
| Jordan Henwood          | N&P   | 16.79        | Exeter    | 01-Jul       |
| David Willis            | CAC   | 16.62        | Yeovil    | 22-Apr       |
| <b>Octathlon</b>        |   |              |           |              |
| <b>County Record</b>    | <b>5208 UK All Time - 14th - Fyn Corcoran</b> |              |           | <b>3000</b>  |
| Lee Hamilton            | N&P   | 4957         | Exeter    | 15&16Sep07   |
| <b>National Grade 1</b> |   | <b>4950</b>  |           |              |
| <b>National Grade 2</b> |   | <b>4400</b>  |           |              |
| Jay Hill                | N&P   | 4329         | Exeter    | 23&24/6      |
| Daniel Pearce           | N&P   | 4067         | Exeter    | 23&24/6      |
| <b>National Grade 3</b> |   | <b>4000</b>  |           |              |
| Phillip Warwicker       | CAC   | 3548         | Exeter    | 23&24/6      |
| <b>National Grade 4</b> |   | <b>3350</b>  |           |              |
| <b>Decathlon</b>        |   |              |           |              |
| <b>County Record</b>    | <b>4487</b>                                   |              |           |              |
| Phillip Warwicker       | CAC   | 3990         | Par       | 09-Sep       |

# Cornwall County Rankings - Oct 06 - Date

As at 30 September 2007

## U20 Men

| <b>100m</b>             |              |       |      |           |        |      |
|-------------------------|--------------|-------|------|-----------|--------|------|
| County Record           |              | 11.0  |      |           |        | 11.5 |
| <b>National Grade 1</b> |              |       |      |           |        |      |
| Lee Christopher         | MBH/Bath Uni | 11.12 | 1.0  | Bath      | 28-Apr |      |
| Michael Williamson      | CAC          | 11.2  |      | Exeter    | 02-Sep |      |
| <b>National Grade 2</b> |              |       |      |           |        |      |
| Matt Harris             | N&P          | 11.3  |      | Carn Brea | 20-May |      |
| Harris                  |              | 11.68 | -1.6 | Exeter    | 05-Aug |      |
| <b>National Grade 3</b> |              |       |      |           |        |      |
| David Green             | CAC          | 11.6  |      | Carn Brea | 12-Aug |      |
| James Hill              | CAC          | 11.8  |      | Exeter    | 23-Jun |      |
| Arron Byworth           | CAC          | 12.1  |      | Carn Brea | 12-Aug |      |
| A G-Ripley              | Truro Coll   | 12.4  |      | Carn Brea | 09-Jun |      |
| Matthew Taylor          | Unattached   | 12.6  |      | Carn Brea | 20-May |      |
| Ollie Starr             | CAC          | 13.0  |      | Exeter    | 10-Jun |      |
| C Leung                 | Corn Col STA | 13.3  |      | Carn Brea | 09-Jun |      |

**150m** 17.0

## 200m

| County Record 22.0 23.5 |              |       |      |           |        |
|-------------------------|--------------|-------|------|-----------|--------|
| <b>National Grade 1</b> |              |       |      |           |        |
| Matt Harris             | N&P          | 22.4  |      | Exeter    | 01-Jul |
| Harris                  |              | 22.96 | -0.6 | Aberdare  | 18-Jul |
| Michael Williamson      | CAC          | 22.4  |      | Exeter    | 02-Sep |
| Williamson              |              | 22.55 |      | Exeter    | 05-Aug |
| Lee Christopher         | MBH/Bath Uni | 22.69 | 2.0  | Bath      | 28-Apr |
| <b>National Grade 2</b> |              |       |      |           |        |
| David Green             | CAC          | 23.0  |      | Yeovil    | 27-May |
| <b>National Grade 3</b> |              |       |      |           |        |
| Jordon West             | CAC          | 24.2  |      | Yeovil    | 22-Apr |
| Daniel Pike             | N&P          | 24.7  |      | Carn Brea | 13-May |
| Arron Byworth           | CAC          | 24.8  |      | Carn Brea | 12-Aug |
| Craig Cadwallader       | CAC          | 25.4  |      | Exeter    | 01-Jul |
| C Leung                 | Corn Col STA | 27.2  |      | Carn Brea | 09-Jun |

**300m** 37.0

## 400m

| County Record 47.51 52.0 |     |      |  |           |        |
|--------------------------|-----|------|--|-----------|--------|
| David Green              | CAC | 49.6 |  | Exeter    | 05-Aug |
| <b>National Grade 1</b>  |     |      |  |           |        |
| Jordon West              | CAC | 50.3 |  | Yeovil    | 22-Apr |
| <b>National Grade 2</b>  |     |      |  |           |        |
| Matt Harris              | N&P | 52.1 |  | Exeter    | 23-Jun |
| <b>National Grade 3</b>  |     |      |  |           |        |
| James Hill               | CAC | 55.8 |  | Exeter    | 23-Jun |
| Daniel Murrant           | CAC | 56.7 |  | Carn Brea | 12-Aug |

**600m** 01:27

Daniel Pike N&P 1.26.5 Par 08-Apr

## 800m

| County Record 01:51.8 02:02 |         |         |  |             |        |
|-----------------------------|---------|---------|--|-------------|--------|
| Jordon West                 | CAC/E&H | 1.54.6  |  | London (LV) | 29-Apr |
| <b>National Grade 1</b>     |         |         |  |             |        |
| 1.54.8                      |         |         |  |             |        |
| <b>National Grade 2</b>     |         |         |  |             |        |
| 1.58.0                      |         |         |  |             |        |
| Daniel Pike                 | N&P     | 2.00.13 |  | Street      | 07-May |
| David Green                 | CAC     | 2.02.0  |  | Exeter      | 02-Sep |
| <b>National Grade 3</b>     |         |         |  |             |        |
| 2.02.0                      |         |         |  |             |        |
| Ollie Starr                 | CAC     | 2.08.6  |  | Yeovil      | 27-May |
| Chris Dobson                | CAC     | 2.08.7  |  | Carn Brea   | 20-May |

**1200m**

| County Record 03:12 |     |        |  |     |        |
|---------------------|-----|--------|--|-----|--------|
| Daniel Pike         | N&P | 3.34.1 |  | Par | 08-Apr |

**1500m**

County Record 3.43.69 04:13

|                         |         |        |  |             |        |
|-------------------------|---------|--------|--|-------------|--------|
| <b>National Grade 1</b> |         |        |  |             |        |
| 3.58.8                  |         |        |  |             |        |
| Jordon West             | CAC/E&H | 4.04.0 |  | London (LV) | 29-Apr |
| <b>National Grade 2</b> |         |        |  |             |        |
| 4.06.0                  |         |        |  |             |        |
| Matt Cleave             | CAC     | 4.13.1 |  | Exeter      | 31-Jul |
| <b>National Grade 3</b> |         |        |  |             |        |
| 4.14.0                  |         |        |  |             |        |
| Daniel Pike             | N&P     | 4.14.7 |  | Exeter      | 29-May |
| Chris Dobson            | CAC     | 4.17.3 |  | Carn Brea   | 13-May |
| Craig Cadwallader       | CAC     | 4.22.0 |  | Carn Brea   | 13-May |
| Mike Parsons            | CAC     | 4.33.3 |  | Yeovil      | 22-Apr |
| Matt Harris             | N&P     | 5.23.1 |  | Exeter      | 24-Jun |
| James Hill              | CAC     | 5.31.4 |  | Par         | 09-Sep |

## 1 Mile

County Record 4.04.9 04:35

## 2000m

County Record 5.06.56 UK RECORD - Jon Richards

## 3000m

County Record 7.48.28 UK RECORD - Jon Richards 09:15

|                         |            |         |  |           |        |
|-------------------------|------------|---------|--|-----------|--------|
| <b>National Grade 1</b> |            |         |  |           |        |
| 8.44.0                  |            |         |  |           |        |
| Chris Dobson            | CAC        | 8.59.79 |  | Street    | 07-May |
| <b>National Grade 2</b> |            |         |  |           |        |
| 9.00.0                  |            |         |  |           |        |
| Matt Cleave             | Truro Coll | 9.17.9  |  | Carn Brea | 09-Jun |
| <b>National Grade 3</b> |            |         |  |           |        |
| 9.20.0                  |            |         |  |           |        |
| Ollie Starr             | CAC        | 9.35.59 |  | Street    | 07-May |

## 5000m

County Record 13.48.74 UK All Time - 6th - Jon Richards 16:30

Matt Cleave CAC 17.29.8 Exeter 02-Sep

## 10000m

County Record 31:27.0 35:00:00

## 110m Hurdles 99cm

County Record 14.53 17.0

|                         |     |       |     |          |        |
|-------------------------|-----|-------|-----|----------|--------|
| <b>National Grade 1</b> |     |       |     |          |        |
| 14.4                    |     |       |     |          |        |
| <b>National Grade 2</b> |     |       |     |          |        |
| 15.1                    |     |       |     |          |        |
| <b>National Grade 3</b> |     |       |     |          |        |
| 15.6                    |     |       |     |          |        |
| David Green             | CAC | 15.7  |     | Exeter   | 01-Jul |
| Lee Hamilton            | U17 | 16.00 | 0.0 | Aberdare | 18-Jul |
| Matt Harris             | N&P | 17.0  |     | Exeter   | 01-Jul |
| James Hill              | CAC | 17.9  |     | Par      | 23-May |

|                           |                           |  |                                       |           |              |
|---------------------------|---------------------------|--|---------------------------------------|-----------|--------------|
| <b>110m Hurdles</b>       | <b>106.7cm</b>            |  |                                       |           |              |
| <b>County Record</b>      | <b>15.77</b>              |  |                                       |           | <b>16.5</b>  |
| Lee Hamilton              | U17                       | N&P/Kent   | 15.66w                                | 2.5 Eton  | 07-Jul       |
| James Hill                |                           | CAC  | 20.1                                  | Par       | 09-Sep       |
| <b>400m Hurdles</b>       | <b>91.4cm</b>             |  |                                       |           |              |
| <b>County Record</b>      | <b>50.96</b>              | <b>UK ALL TIME - 4th - Steve Green</b>           |                                       |           | <b>60.0</b>  |
| David Green               |                           | CAC  | 53.60                                 | Barnet    | 26-Aug       |
| <b>National Grade 1</b>   |                           |  | <b>55.0</b>                           |           |              |
| Lee Hamilton              | U17                       | N&P  | 55.34                                 | Eton      | 07-Jul       |
| <b>National Grade 2</b>   |                           |  | 57.0                                  |           |              |
| <b>National Grade 3</b>   |                           |  | 59.5                                  |           |              |
| Matt Harris               |                           | N&P  | 61.1                                  | Carn Brea | 20-May       |
| <b>2000m Steeplechase</b> |                           |  |                                       |           |              |
| Matt Cleave               |                           | CAC  | 6.28.5                                | Exeter    | 05-Aug       |
| <b>3000m Steeplechase</b> |                           |  |                                       |           |              |
| <b>County Record</b>      | <b>9.09.08</b>            |  |                                       |           | <b>10:15</b> |
| Matt Cleave               |                           | CAC  | 10.10.4                               | Exeter    | 01-Jul       |
| Ollie Starr               |                           | CAC  | 10.56.2                               | Yeovil    | 22-Apr       |
| <b>4 x 100m Relay</b>     |                           |  |                                       |           |              |
| <b>County Record</b>      | <b>46.2</b>               |  |                                       |           | <b>44.0</b>  |
| Cornwall AC               |                           |  | 47.8                                  | Carn Brea | 20-Sep       |
| <b>4 x 200m Relay</b>     |                           |  |                                       |           |              |
| <b>County Record</b>      | <b>1.38.1</b>             |  |                                       |           |              |
| Cornwall AC               |                           |  | 1.38.1                                | Carn Brea | 20-Sep       |
| <b>4 x 400m Relay</b>     |                           |  |                                       |           |              |
| <b>County Record</b>      | <b>3.35.9</b>             |  |                                       |           | <b>03:38</b> |
| <b>High Jump</b>          |                           |  |                                       |           |              |
| <b>County Record</b>      | <b>2.12</b>               | <b>UK ALL TIME - Senior 89th - Damon Rutland</b> |                                       |           | <b>1.85</b>  |
| <b>National Grade 1</b>   |                           |  | <b>1.96</b>                           |           |              |
| <b>National Grade 2</b>   |                           |  | 1.90                                  |           |              |
| <b>National Grade 3</b>   |                           |  | 1.80                                  |           |              |
| David Green               |                           | CAC  | 1.70                                  | Exeter    | 01-Jul       |
| Matt Harris               |                           | N&P/Cwll Coll                                    | 1.69                                  | Exeter    | 23-Jun       |
| James Hill                |                           | CAC/Truro C                                      | 1.63                                  | Exeter    | 23-Jun       |
| Jordon West               |                           | CAC  | 1.55                                  | Yeovil    | 22-Apr       |
| <b>Pole Vault</b>         |                           |  |                                       |           |              |
| <b>County Record</b>      | <b>4.25</b>               |  |                                       |           | <b>3.30</b>  |
| <b>National Grade 1</b>   |                           |  | <b>4.40</b>                           |           |              |
| <b>National Grade 2</b>   |                           |  | 4.10                                  |           |              |
| <b>National Grade 3</b>   |                           |  | 3.70                                  |           |              |
| James Hill                |                           | CAC/Truro C                                      | 2.60                                  | Par       | 09-Sep       |
| Matt Harris               |                           | N&P/Cwll Coll                                    | 2.30                                  | Exeter    | 23-Jun       |
| <b>Long Jump</b>          |                           |  |                                       |           |              |
| <b>County Record</b>      | <b>7.32</b>               |  |                                       |           | <b>6.25</b>  |
| <b>National Grade 1</b>   |                           |  | <b>6.60</b>                           |           |              |
| Matt Harris               |                           | N&P  | 6.46                                  | Abingdon  | 04-Aug       |
| <b>National Grade 2</b>   |                           |  | 6.15                                  |           |              |
| <b>National Grade 3</b>   |                           |  | 5.85                                  |           |              |
| James Hill                |                           | CAC  | 5.70                                  | Yeovil    | 22-Apr       |
| Matt Taylor               |                           | Unattached                                       | 5.63                                  | Carn Brea | 19-Aug       |
| Jordon West               |                           | CAC  | 4.82                                  | Exeter    | 01-Jul       |
| <b>Triple Jump</b>        |                           |  |                                       |           |              |
| <b>County Record</b>      | <b>13.94</b>              |  |                                       |           | <b>12.75</b> |
| <b>National Grade 1</b>   |                           |  | <b>13.25</b>                          |           |              |
| Matt Harris               |                           | N&P  | 13.12                                 | Yeovil    | 16-Jun       |
| <b>National Grade 2</b>   |                           |  | 12.60                                 |           |              |
| <b>National Grade 3</b>   |                           |  | 12.10                                 |           |              |
| Matt Taylor               |                           | Unattached                                       | 12.00                                 | Carn Brea | 19-Aug       |
| James Hill                |                           | CAC  | 11.43                                 | Exeter    | 10-Jun       |
| Aaron Byworth             |                           | CAC  | 10.84                                 | Carn Brea | 12-Aug       |
| <b>Shot Putt</b>          | <b>6kg</b>                |  |                                       |           |              |
| <b>County Record</b>      | <b>14.29 (6.25kg)</b>     |  |                                       |           | <b>11.50</b> |
| <b>National Grade 1</b>   |                           |  | <b>14.00</b>                          |           |              |
| <b>National Grade 2</b>   |                           |  | 12.75                                 |           |              |
| James Hill                |                           | CAC  | 11.95                                 | Exeter    | 23-Jun       |
| <b>National Grade 3</b>   |                           |  | 11.60                                 |           |              |
| Jordon West               |                           | CAC  | 10.02                                 | Exeter    | 02-Sep       |
| Matt Harris               |                           | N&P/Cwll Coll                                    | 6.86                                  | Exeter    | 23-Jun       |
| <b>Discus</b>             | <b>1.75kg</b>             |  |                                       |           |              |
| <b>County Record</b>      | <b>40.95</b>              |  |                                       |           | <b>35.00</b> |
| <b>National Grade 1</b>   |                           |  | <b>43.80</b>                          |           |              |
| <b>National Grade 2</b>   |                           |  | 38.00                                 |           |              |
| James Hill                |                           | CAC  | 35.55                                 | Carn Brea | 12-Aug       |
| <b>National Grade 3</b>   |                           |  | 34.75                                 |           |              |
| Jay Hill                  | U17                       | N&P  | 31.60                                 | Exeter    | 01-Jul       |
| Jordon West               |                           | CAC  | 23.75                                 | Exeter    | 10-Jun       |
| Matt Harris               |                           | N&P/Cwll Coll                                    | 15.01                                 | Exeter    | 23-Jun       |
| <b>Hammer</b>             | <b>6kg</b>                |  |                                       |           |              |
| <b>County Record</b>      | <b>56.61</b>              |  |                                       |           | <b>40.00</b> |
| <b>National Grade 1</b>   |                           |  | <b>61.10</b>                          |           |              |
| <b>National Grade 2</b>   |                           |  | 50.75                                 |           |              |
| Jay Hill                  | U17                       |  | 50.56                                 | Exeter    | 01-Jul       |
| <b>National Grade 3</b>   |                           |  | 45.00                                 |           |              |
| Matt Taylor               |                           | Unattached                                       | 26.78                                 | Carn Brea | 19-Aug       |
| James Hill                |                           | CAC  | 26.17                                 | Yeovil    | 22-Apr       |
| Jordon West               |                           | CAC  | 24.07                                 | Carn Brea | 19-Aug       |
| <b>Javelin</b>            |                           |  |                                       |           |              |
| <b>County Record</b>      | <b>60.36</b>              |  |                                       |           | <b>45.00</b> |
| <b>National Grade 1</b>   |                           |  | <b>54.50</b>                          |           |              |
| <b>National Grade 2</b>   |                           |  | 47.35                                 |           |              |
| James Hill                |                           | CAC/Truro C                                      | 44.11                                 | Exeter    | 02-Sep       |
| <b>National Grade 3</b>   |                           |  | 42.00                                 |           |              |
| Matt Harris               |                           | N&P/Cwll Coll                                    | 25.19                                 | Exeter    | 24-Jun       |
| <b>Decathlon</b>          |                           |  |                                       |           |              |
| <b>County Record</b>      | <b>6762 (6587 Senior)</b> |  | <b>UK All Time - 5th Fyn Corcoran</b> |           | <b>4000</b>  |
| <b>National Grade 1</b>   |                           |  | <b>6600</b>                           |           |              |
| <b>National Grade 2</b>   |                           |  | 6000                                  |           |              |
| <b>National Grade 3</b>   |                           |  | 5500                                  |           |              |
| James Hill                |                           | CAC  | 4893                                  | Exeter    | 23&24/6      |
| Matt Harris               |                           | N&P  | 4426                                  | Exeter    | 23&24/6      |

# Cornwall County Rankings - Oct 06 - Date

As at 30 September 2007

Vet

## Men

Senior

### 100m

|                         |                     |         |             |                   |             |
|-------------------------|---------------------|---------|-------------|-------------------|-------------|
| <b>County Record</b>    | <b>10.7 (11.6v)</b> |         |             |                   | <b>11.3</b> |
| <b>National Grade 1</b> |                     |         | <b>10.7</b> |                   |             |
| National Grade 2        |                     |         | 11.0        |                   |             |
| National Grade 3        |                     |         | 11.3        |                   |             |
| Nav Childs              |                     | RAF/TVH | 11.7        | Carn Brea         | 13-May      |
| Matthew Parnell         |                     | CAC     | 11.9        | Exeter            | 02-Sep      |
| Richard Walter          | M40                 | CAC     | 12.0        | Exeter            | 10-Jun      |
| Stephen Jarvis          |                     | N&P     | 12.16       | Bangkok, Thailand | 01-Sep      |
| Gareth Massey           |                     | N&P     | 12.3        | Plymouth          | 05-May      |
| Neil Tunstall           | M45                 | CAC     | 12.5        | Exeter            | 28-Aug      |
| Isaac Clayton           |                     | N&P     | 12.9        | Plymouth          | 23-Jun      |
| Sean Cater              |                     | N&P     | 12.9        | Exeter            | 02-Sep      |
| Simon Howard            |                     | N&P     | 12.9        | Exeter            | 28-Sep      |
| Zac Orr                 |                     | CAC     | 13.1        | Exeter            | 02-Sep      |
| Ian Tucker              |                     | CAC     | 13.2        | Par               | 09-Sep      |
| Simon Vage              |                     | CAC     | 13.4        | Yeovil            | 27-May      |
| Nathan Kitchen          |                     | CAC     | 13.8        | Par               | 09-Sep      |
| Dave George             |                     | N&P     | 14.2        | Yeovil            | 27-May      |

### 200m

|                         |                     |     |             |                      |             |
|-------------------------|---------------------|-----|-------------|----------------------|-------------|
| <b>County Record</b>    | <b>21.7 (23.9v)</b> |     |             |                      | <b>23.0</b> |
| <b>National Grade 1</b> |                     |     | <b>21.7</b> |                      |             |
| National Grade 2        |                     |     | 22.2        |                      |             |
| National Grade 3        |                     |     | 23.0        |                      |             |
| Bradley Webb            |                     | N&P | 24.3        | Yeovil               | 27-May      |
| Gareth Massey           |                     | N&P | 24.4        | Plymouth             | 05-May      |
| Matthew Parnell         |                     | CAC | 24.5        | Exeter               | 02-Sep      |
| Nathan Kitchen???       |                     | CAC | 24.8        | Exeter               | 01-Jul      |
| Richard Walter          | M40                 | CAC | 24.92 i     | London (LV)          | 04-Mar      |
| Walter                  |                     |     | 25.1        | Exeter               | 17-Jun      |
| Sean Sinden             |                     | CAC | 24.9        | Yeovil               | 22-Apr      |
| Neil Tunstall           | M45                 | CAC | 25.0        | Exeter               | 28-Aug      |
| Tunstall                |                     |     | 25.11 i     | Cardiff              | 06-Jan      |
| James Ansell            |                     | N&P | 25.5        | Exeter               | 02-Sep      |
| Clive Pengelly          | M50                 | N&P | 26.58       | -0.7 Riccione, Italy | 09-Sep      |
| Sean Cater              | M40                 | N&P | 26.6        | Exeter               | 01-Jul      |
| Zac Orr                 |                     | CAC | 26.7        | Exeter               | 02-Sep      |
| Simon Howard            |                     | N&P | 26.8        | Exeter               | 01-Jul      |
| Nathan Kitchen???       |                     | CAC | 27.6        | Exeter               | 01-Jul      |
| Simon Vage              | M35                 | CAC | 28.3        | Yeovil               | 27-May      |
| Martin Exley            | M45                 | Tav | 31.9        | Braunton             | 03-Jun      |

### 300m

36.5

### 400m

|                         |                       |      |  |                  |             |
|-------------------------|-----------------------|------|--|------------------|-------------|
| <b>County Record</b>    | <b>46.27 (52.83v)</b> |      | <b>UK All Time - 63rd Richard Ashton</b> |                  | <b>51.0</b> |
| Steve Green             |                       | NEB  | 46.69 i                                  | Birmingham       | 17-Feb      |
| Green                   |                       |      | 48.76                                    | La Lugana, Spain | 16-Jun      |
| <b>National Grade 1</b> |                       |      | <b>49.0</b>                              |                  |             |
| National Grade 2        |                       |      | 50.3                                     |                  |             |
| National Grade 3        |                       |      | 51.5                                     |                  |             |
| Gareth Massey           |                       | N&P  | 54.5                                     | Plymouth         | 23-Jun      |
| James Ansell            |                       | N&P  | 55.0                                     | Carn Brea        | 12-Aug      |
| Bradley Webb            |                       | N&P  | 55.1                                     | Plymouth         | 05-May      |
| Neil Tunstall           | M45                   | CAC  | 55.1                                     | Exeter           | 01-Jul      |
| Chris McQuillen-Wright  | M35                   | N&P  | 55.5                                     | Carn Brea        | 13-May      |
| John Scott              | M40                   | N&P  | 57.0                                     | Exeter           | 01-Jul      |
| Matthew Parnell         |                       | CAC  | 57.1                                     | Exeter           | 01-Jul      |
| Piran Clark             |                       | Unat | 57.9                                     | Carn Brea        | 13-May      |
| Simon Howard            |                       | N&P  | 59.7                                     | Exeter           | 01-Jul      |
| Sean Cater              | M40                   | N&P  | 60.0                                     | Yeovil           | 22-Apr      |
| Nathan Kitchen          |                       | CAC  | 60.7                                     | Yeovil           | 22-Apr      |
| Ian Tucker              |                       | CAC  | 70.2                                     | Par              | 09-Sep      |

### 600m

01:25

### 800m

|                         |                             |              |   |           |              |
|-------------------------|-----------------------------|--------------|---|-----------|--------------|
| <b>County Record</b>    | <b>1.47.89 (2.00.4v)</b>    |              | <b>UK All Time - 121st - Neil Caddy</b> |           | <b>02:00</b> |
| <b>National Grade 1</b> |                             |              | <b>1.51.8</b>                           |           |              |
| National Grade 2        |                             |              | 1.54.5                                  |           |              |
| National Grade 3        |                             |              | 1.57.5                                  |           |              |
| Adam Thomas             | No longer eligible for Cwll | Norwich      | 1.59.5                                  | Ilford    | 05-May       |
| Chris Mulroy            |                             | CAC/Glou Uni | 2.01.5                                  | Exeter    | 02-Sep       |
| Chris McQuillen-Wright  | M35                         | N&P          | 2.02.5                                  | Exeter    | 24-Apr       |
| James Ansell            |                             | N&P          | 2.03.9                                  | Exeter    | 02-Sep       |
| John Scott              | M40                         | N&P          | 2.06.0                                  | Exeter    | 02-Sep       |
| Gareth Massey           |                             | N&P          | 2.09.0                                  | Par       | 02-Jun       |
| Simon Howard            |                             | N&P          | 2.12.6                                  | Exeter    | 28-Aug       |
| Piran Clark             |                             | Unat         | 2.12.7                                  | Carn Brea | 13-May       |
| Roger Lock              | M55                         | CAC          | 2.34.8                                  | Exeter    | 17-Jun       |

|                         |                             |   |                |                      |                 |
|-------------------------|-----------------------------|---|----------------|----------------------|-----------------|
| Nathan Kitchen          |                             | CAC   | 2.45.3         | Yeovil               | 27-May          |
| Sean Cater              | M40                         | N&P   | 2.46.9         | Yeovil               | 27-May          |
| Dave George             | M40                         | N&P   | 3.11.6         | Yeovil               | 27-May          |
| <b>1200m</b>            |                             |   |                |                      | <b>03:12</b>    |
| <b>1500m</b>            |                             |   |                |                      |                 |
| <b>County Record</b>    | <b>3.39.03 (4.07.4v)</b>    | <b>UK All Time - 60th Neil Caddy</b>        |                |                      | <b>04:08</b>    |
| <b>National Grade 1</b> |                             |   | <b>3.48.5</b>  |                      |                 |
| <b>National Grade 2</b> |                             |   | <b>3.56.8</b>  |                      |                 |
| Ollie Shilston          |                             | CAC   | 3.59.2         | Exeter               | 31-Jul          |
| Adam Thomas             | No longer eligible for Cwll | Norwich                                     | 4.02.36        | Watford              | 30-May          |
| <b>National Grade 3</b> |                             |   | <b>4.04.0</b>  |                      |                 |
| Chris Mulroy            |                             | CAC/Glou Uni                                | 4.05.19 i      | Sheffield            | 11-Mar          |
| Mulroy                  |                             |   | 4.12.10        | Carn Brea            | 19-Aug          |
| Chris McQuillen-Wright  | M35                         | N&P   | 4.11.89 i      | Lee Valley           | 03-Mar          |
| John Scott              | M40                         | N&P   | 4.19.4         | Carn Brea            | 19-Aug          |
| Gareth Massey           |                             | N&P   | 4.46.3         | Plymouth             | 05-May          |
| Nathan Kitchen          |                             | CAC   | 5.05.9         | Par                  | 06-May          |
| Simon Howard            |                             | N&P   | 4.59.3         | Par                  | 02-Jun          |
| Matthew Parnell         |                             | CAC   | 5.29.6         | Carn Brea            | 19-Aug          |
| Adrian Head**           | M45                         | LAC   | 5.41.3         | Par                  | 06-May          |
| Ian Tucker              |                             | CAC   | 5.44.5         | Exeter               | 01-Jul          |
| Sean Cater              |                             | N&P   | 5.48.1         | Yeovil               | 22-Apr          |
| Tarquin Hill            | M40                         | N&P   | 5.53.9         | Plymouth             | 23-Jun          |
| <b>1 Mile</b>           |                             |   |                |                      |                 |
| <b>County Record</b>    | <b>3.55.84 (4.22.2V)</b>    | <b>UK All Time - 35th Neil Caddy</b>        |                |                      | <b>04:30</b>    |
| Nathan Kitchen          |                             | CAC   | 5.43.2         | Carn Brea            | 20-May          |
| <b>2000m</b>            |                             |   |                |                      |                 |
| <b>County Record</b>    | <b>5.02.99</b>              | <b>UK All Time - 23rd Neil Caddy</b>        |                |                      |                 |
| Gareth Massey           |                             | N&P   | 6.50.2         | Par                  | 08-Apr          |
| Nathan Kitchen          |                             | CAC   | 7.07.8         | Par                  | 08-Apr          |
| <b>3000m</b>            |                             |   |                |                      | <b>09:00</b>    |
| <b>County Record</b>    | <b>7.48.28 (8.45.5v)</b>    | <b>UK All Time - 39th Jon Richards</b>      |                |                      |                 |
| Adam Thomas             | No longer eligible for Cwll | Norwich                                     | 8.26.51        | Twickenham           | 06-May          |
| Ollie Shilston          |                             | CAC   | 8.45.55        | Southport, Australia | 22-Dec          |
| Chris McQuillen-Wright  | M35                         | N&P   | 9.03.5 i       | London LV            | 20-Jan          |
| <b>5000m</b>            |                             |   |                |                      |                 |
| <b>County Record</b>    | <b>13.31.38 (14.55.4v)</b>  | <b>UK All Time - 66th Jon Richards</b>      |                |                      | <b>16:15</b>    |
| <b>National Grade 1</b> |                             |   | <b>14.15.0</b> |                      |                 |
| Adam Thomas             | No longer eligible for Cwll | Norwich                                     | 14.49.92       | London (CP)          | 17-Jun          |
| <b>National Grade 2</b> |                             |   | <b>14.50.0</b> |                      |                 |
| <b>National Grade 3</b> |                             |   | <b>15.15.0</b> |                      |                 |
| Dave Buzzza             | M40                         | CAC   | 15.40.8        | Carn Brea            | 12-Aug          |
| Ollie Starr             |                             | CAC   | 15.56.6        | Exeter               | 05-Aug          |
| Phillip Tugwell         |                             | CAC   | 17.44.1        | Exeter               | 02-Sep          |
| Daren Varker            |                             | N&P   | 18.23.7        | Plymouth             | 23-Jun          |
| Jason Henderson         | M35                         | N&P   | 18.34.1        | Plymouth             | 23-Jun          |
| Gareth Massey           |                             | N&P   | 20.04.7        | Eton                 | 14-Jul          |
| Nathan Kitchen          |                             | CAC   | 20.18.2        | Carn Brea            | 12-Aug          |
| Simon Howard            |                             | N&P   | 20.19.7        | Abingdon             | 04-Aug          |
| Tarquin Hill            | M40                         | N&P   | 21.57.5        | Plymouth             | 05-May          |
| Matthew Parnell         |                             | CAC   | 22.57.4        | Exeter               | 02-Sep          |
| Ian Tucker              |                             | CAC   | 23.17.1        | Yeovil               | 27-May          |
| <b>10000m</b>           |                             |   |                |                      |                 |
| <b>County Record</b>    | <b>28.14.08</b>             | <b>UK All Time - 4th U23 - Jon Richards</b> |                |                      | <b>35:00:00</b> |
| <b>100m Hurdles</b>     | <b>M50 - 91.4cm</b>         |   |                |                      |                 |
| <b>County Record</b>    | <b>15.95</b>                |   |                |                      |                 |
| Clive Pengelly          | M50                         | N&P   | 16.38          | 1.3 Birmingham       | 28-Jul          |
| <b>110m Hurdles</b>     | <b>M40 - 99cm</b>           |   |                |                      |                 |
| <b>County Record</b>    | <b>15.97</b>                |   |                |                      |                 |
| <b>110m Hurdles</b>     | <b>106.7cm</b>              |   |                |                      |                 |
| <b>County Record</b>    | <b>15.2/15.11w (16.4v)</b>  |   |                |                      | <b>17.0</b>     |
| <b>National Grade 1</b> |                             |   | <b>14.2</b>    |                      |                 |
| <b>National Grade 2</b> |                             |   | <b>14.8</b>    |                      |                 |
| <b>National Grade 3</b> |                             |   | <b>15.3</b>    |                      |                 |
| Fyn Corcoran            |                             | Serpentine                                  | 15.7           | London (WL)          | 23-Jun          |
| Neil Tunstall           | M45                         | Serpentine/CAC                              | 16.6           | Exeter               | 01-Jul          |
| Matthew Parnell         |                             | CAC   | 17.9           | Exeter               | 01-Jul          |
| Isaac Clayton           |                             | N&P   | 19.4           | Par                  | 02-Jun          |
| Sean Sinden             |                             | CAC   | 19.7           | Yeovil               | 22-Apr          |
| Simon Vage              | M35                         | CAC   | 21.0           | Exeter               | 10-Jun          |
| Gareth Massey           |                             | N&P   | 22.6           | Plymouth             | 23-Jun          |
| Nathan Kitchen          |                             | CAC   | 23.5           | Exeter               | 30-Sep          |
| Brett Marsh             |                             | N&P   | 24.3           | Par                  | 02-Jun          |
| Ian Tucker              |                             | CAC   | 30.3           | Par                  | 09-Sep          |
| <b>400m Hurdles</b>     | <b>M50 - 84cm</b>           |   |                |                      |                 |
| Clive Pengelly          | M50                         | N&P   | 70.31          | Birmingham           | 28-Jul          |
| <b>400m Hurdles</b>     | <b>91.4cm</b>               |   |                |                      |                 |
| <b>County Record</b>    | <b>50.90 (57.11v)</b>       | <b>UK All Time - 22nd U23 - Steve Green</b> |                |                      | <b>58.0</b>     |
| Steve Green             |                             | NEB/Bath Uni                                | 50.17          | Birmingham           | 28-Jul          |
| <b>National Grade 1</b> |                             |   | <b>52.6</b>    |                      |                 |

|                           |                           |   |         |                   |              |
|---------------------------|---------------------------|---|---------|-------------------|--------------|
| National Grade 2          |                           |   | 55.3    |                   |              |
| National Grade 3          |                           |   | 57.0    |                   |              |
| Neil Tunstall             | M45                       | Serpentine/CAC                          | 57.71   | Riccione, Italy   | 09-Sep       |
| Gareth Massey             |                           | N&P                                     | 62.0    | Plymouth          | 23-Jun       |
| Clive Pengelly            | M50                       | N&P                                     | 68.9    | Plymouth          | 05-May       |
| Nathan Kitchen            |                           | CAC                                     | 69.6    | Exeter            | 02-Sep       |
| Isaac Clayton             |                           | N&P                                     | 70.0    | Eton              | 14-Jul       |
| Matthew Parnell           |                           | CAC                                     | 70.5    | Yeovil            | 27-May       |
| Tarquin Hill              | M40                       | N&P                                     | 70.5    | Yeovil            | 27-May       |
| <b>3000m Steeplechase</b> |                           |   |         |                   | <b>10:00</b> |
| <b>County Record</b>      | <b>8.54.46 (10.07.0v)</b> |   |         |                   |              |
| Ollie Shilston            |                           | CAC                                     | 9.33.6  | Exeter            | 01-Jul       |
| Gareth Massey             |                           | N&P                                     | 10.53.4 | Abingdon          | 04-Aug       |
| Ray Rogers                | M45                       | N&P                                     | 11.15.8 | Par               | 02-Jun       |
| <b>4 x 100m Relay</b>     |                           |   |         |                   |              |
| <b>County Record</b>      | <b>44.7 (44.8)</b>        |   |         |                   | <b>46.0</b>  |
| Cornwall AC               |                           |   | 45.8    | Exeter            | 02-Sep       |
| Newquay & Par             |                           |   | 46.8    | Abingdon          | 04-Aug       |
| <b>4 x 200m Relay</b>     |                           |   |         |                   |              |
| <b>County Record</b>      | <b>1.35.0</b>             |   |         |                   |              |
| Newquay & Par             |                           |   | 1.35.0  | Carn Brea         | 20-Sep       |
| <b>4 x 400m Relay</b>     |                           |   |         |                   |              |
| <b>County Record</b>      | <b>3.24.6</b>             |   |         |                   | <b>03:26</b> |
| Newquay & Par             |                           |   | 3.37.7  | Abingdon          | 04-Aug       |
| Cornwall AC               |                           |   | 3.43.9  | Yeovil            | 22-Apr       |
| <b>High Jump</b>          |                           |   |         |                   |              |
| <b>County Record</b>      | <b>2.13 (1.75v)</b>       | <b>UK All Time - 88th Damon Rutland</b> |         |                   | <b>1.90</b>  |
| National Grade 1          |                           |   | 2.03    |                   |              |
| National Grade 2          |                           |   | 1.85    |                   |              |
| National Grade 3          |                           |   | 1.77    |                   |              |
| Simon Vage                | M35                       | CAC                                     | 1.70    | Exeter            | 01-Jul       |
| John Perkin               | M45                       | N&P/SWVAC                               | 1.67    | Par               | 09-Sep       |
| Stephen Jarvis            |                           | N&P                                     | 1.66    | Bangkok, Thailand | 01-Sep       |
| Matthew Parnell           |                           | CAC                                     | 1.52    | Par               | 09-Sep       |
| Nathan Kitchen            |                           | CAC                                     | 1.52    | Par               | 09-Sep       |
| Ian Tucker                |                           | CAC                                     | 1.46    | Par               | 09-Sep       |
| Gareth Massey             |                           | N&P                                     | 1.45    | Yeovil            | 22-Apr       |
| Isaac Clayton             |                           | N&P                                     | 1.40    | Yeovil            | 22-Apr       |
| Simon Howard              |                           | N&P                                     | 1.40    | Plymouth          | 23-Jun       |
| Sean Cater                |                           | N&P                                     | 1.35    | Exeter            | 01-Jul       |
| <b>Pole Vault</b>         |                           |   |         |                   |              |
| <b>County Record</b>      | <b>4.40 (2.40v)</b>       |   |         |                   | <b>3.70</b>  |
| Isaac Clayton             |                           | N&P                                     | 3.80    | Abingdon          | 04-Aug       |
| Brett Marsh               |                           | N&P                                     | 2.40    | Eton              | 14-Jul       |
| Matthew Parnell           |                           | CAC                                     | 2.20    | Par               | 09-Sep       |
| Ian Tucker                |                           | CAC                                     | 1.90    | Par               | 09-Sep       |
| Nathan Kitchen            |                           | CAC                                     | 1.70    | Exeter            | 30-Sep       |
| <b>Long Jump</b>          |                           |   |         |                   |              |
| <b>County Record</b>      | <b>7.75 (5.40v)</b>       | <b>UK All Time - 30th - Kenny Cocks</b> |         |                   | <b>6.50</b>  |
| National Grade 1          |                           |   | 6.90    |                   |              |
| Nav Childs                |                           | RAF/TVH                                 | 6.89    | Lee Valley        | 02-Jun       |
| Sean Sinden               |                           | CAC                                     | 6.66    | Carn Brea         | 19-Aug       |
| Fyn Corcoran              |                           | Serpentine                              | 6.51    | London (WL)       | 23-Jun       |
| National Grade 2          |                           |   | 6.45    |                   |              |
| National Grade 3          |                           |   | 6.05    |                   |              |
| Isaac Clayton             |                           | N&P                                     | 5.94    | Plymouth          | 05-May       |
| Matthew Parnell           |                           | CAC                                     | 5.24    | Par               | 09-Sep       |
| John Perkin               | M45                       | N&P                                     | 5.21    | Carn Brea         | 12-Aug       |
| Ian Tucker                |                           | N&P                                     | 4.81    | Exeter            | 01-Jul       |
| Gareth Massey             |                           | N&P                                     | 4.72    | Yeovil            | 22-Apr       |
| ??                        |                           | N&P                                     | 4.35    | Exeter            | 01-Jul       |
| Nathan Kitchen            |                           | N&P                                     | 4.31    | Par               | 09-Sep       |
| Sean Cater                | M40                       | N&P                                     | 4.20    | Plymouth          | 23-Jun       |
| Dave George               | M40                       | N&P                                     | 3.76    | Exeter            | 01-Jul       |
| <b>Triple Jump</b>        |                           |   |         |                   |              |
| <b>County Record</b>      | <b>15.16 (12.18v)</b>     |   |         |                   | <b>13.00</b> |
| Nav Childs                |                           | RAF/TVH                                 | 15.15   | Lee Valley        | 02-Jun       |
| National Grade 1          |                           |   | 13.75   |                   |              |
| National Grade 2          |                           |   | 12.95   |                   |              |
| Isaac Clayton             |                           | N&P                                     | 12.44   | Plymouth          | 238/6        |
| National Grade 3          |                           |   | 12.30   |                   |              |
| Zac Orr                   |                           | CAC                                     | 11.57   | Exeter            | 02-Sep       |
| Simon Vage                | M35                       | CAC                                     | 11.36   | Exeter            | 02-Sep       |
| Matthew Parnell           |                           | CAC                                     | 10.73   | Yeovil            | 27-May       |
| John Perkin               | M45                       | N&P                                     | 10.44   | Carn Brea         | 12-Aug       |
| Brett Marsh               |                           | N&P                                     | 10.26   | Plymouth          | 23-Jun       |
| Sean Cater                | M40                       | N&P                                     | 9.18    | Exeter            | 02-Sep       |
| Ian Tucker                |                           | CAC                                     | 9.07    | Yeovil            | 27-May       |
| <b>Shot Putt</b>          |                           |   |         |                   |              |
| <b>County Record</b>      | <b>13.85 (11.98v)</b>     |   |         |                   | <b>13.00</b> |
| National Grade 1          |                           |   | 14.55   |                   |              |
| National Grade 2          |                           |   | 12.85   |                   |              |
| Brett Marsh               |                           | N&P                                     | 12.95   | Abingdon          | 04-Aug       |
| Ian Tucker                |                           | CAC                                     | 12.32   | Par               | 06-May       |
| National Grade 3          |                           |   | 11.60   |                   |              |

|                            |  |                    |              |                    |               |
|----------------------------|--|--------------------|--------------|--------------------|---------------|
| Nathan Kitchen             |  | CAC                | 9.87         | Par                | 08-Apr        |
| James Hill                 | U20  | CAC                | 9.79         | Par                | 09-Sep        |
| Mike Madden                | M40  | N&P                | 9.12         | Plymouth           | 23-Jun        |
| Tarquin Hill               | M40  | N&P                | 8.80         | Plymouth           | 23-Jun        |
| Ian Harvey                 | M40  | N&P                | 7.45         | Par                | 16-Sep        |
| Matthew Parnell            |  | CAC                | 7.05         | Par                | 09-Sep        |
| <b>Shot Putt</b>           | <b>M75</b>                                       |                    |              |                    |               |
| Allan Lester               |  | Falmouth           | 7.89         | Carn Brea          | 19-Aug        |
| <b>Shot Putt</b>           | <b>M50 - 5kg</b>                                 |                    |              |                    |               |
| <b>County Record</b>       | <b>10.70</b>                                     |                    |              |                    |               |
| <b>Discus</b>              |  |                    |              |                    |               |
| <b>County Record</b>       | <b>41.19 (31.54v)</b>                            |                    |              |                    | <b>35.00</b>  |
| <b>National Grade 1</b>    |  |                    | <b>46.75</b> |                    |               |
| <b>National Grade 2</b>    |  |                    | <b>41.25</b> |                    |               |
| <b>Fyn Corcoran</b>        |  | <b>Serpentine</b>  | <b>38.98</b> | <b>London (BP)</b> | <b>14-Jul</b> |
| <b>National Grade 3</b>    |  |                    | <b>37.45</b> |                    |               |
| <b>Brett Marsh</b>         |  | <b>N&amp;P</b>     | <b>36.64</b> | <b>Eton</b>        | <b>14-Jul</b> |
| <b>James Hill</b>          | <b>U20</b>                                       | <b>CAC</b>         | <b>31.56</b> | <b>Par</b>         | <b>09-Sep</b> |
| Ian Tucker                 |  | CAC                | 29.97        | Par                | 08-Apr        |
| Mike Madden                | M40  | N&P                | 28.69        | Eton               | 14-Jul        |
| Nathan Kitchen             |  | CAC                | 27.75        | Carn Brea          | 12-Aug        |
| Chris Jeffery              | M??  | CAC                | 18.76        | Carn Brea          | 12-Aug        |
| Tarquin Hill               | M40  | N&P                | 17.75        | Exeter             | 01-Jul        |
| Henry Starr                | M??  | CAC                | 17.70        | Carn Brea          | 12-Aug        |
| Matthew Parnell            |  | CAC                | 17.29        | Par                | 09-Sep        |
| Paul Lowe                  | M40  | N&P                | 16.52        | Yeovil             | 22-Apr        |
| Ian Harvey                 | M40  | N&P                | 16.29        | Carn Brea          | 12-Aug        |
| Roland Mark                | M40  | N&P                | 14.81        | Exeter             | 01-Jul        |
| Clive Marsh                | M55  | N&P                | 13.81        | Yeovil             | 22-Apr        |
| <b>Discus</b>              | <b>M50 - 1.5kg</b>                               |                    |              |                    |               |
| <b>County Record</b>       | <b>33.09</b>                                     |                    |              |                    |               |
| <b>Clive Pengelly</b>      | <b>M50</b>                                       | <b>N&amp;P</b>     | <b>31.09</b> | <b>Carn Brea</b>   | <b>12-Aug</b> |
| <b>Discus</b>              | <b>M75 - 1kg</b>                                 |                    |              |                    |               |
| <b>County Record</b>       | <b>31.98</b>                                     |                    |              |                    |               |
| Allan Lester               |  | Falmouth           | 18.59        | Carn Brea          | 13-May        |
| <b>Hammer</b>              |  |                    |              |                    |               |
| <b>County Record</b>       | <b>55.92 (47.23v)</b>                            |                    |              |                    | <b>40.00</b>  |
| <b>National Grade 1</b>    |  |                    | <b>65.00</b> |                    |               |
| <b>National Grade 2</b>    |  |                    | <b>49.00</b> |                    |               |
| <b>Mike Maddern</b>        | <b>M40</b>                                       | <b>N&amp;P</b>     | <b>48.74</b> | <b>Plymouth</b>    | <b>23-Jun</b> |
| <b>Alex Hitchens</b>       |  | <b>CAC</b>         | <b>47.89</b> | <b>Bournemouth</b> | <b>07-Jul</b> |
| <b>Brett Marsh</b>         |  | <b>N&amp;P</b>     | <b>47.17</b> | <b>Abingdon</b>    | <b>04-Aug</b> |
| <b>National Grade 3</b>    |  |                    | <b>43.80</b> |                    |               |
| Nathan Kitchen             |  | CAC                | 29.02        | Carn Brea          | 13-May        |
| Tarquin Hill               | M40  | N&P                | 24.36        | Plymouth           | 23-Jun        |
| Ian Tucker                 |  | CAC                | 18.16        | Yeovil             | 22-Apr        |
| Clive Marsh                | M55  | N&P                | 17.63        | Yeovil             | 22-Apr        |
| Paul Lowe                  | M40  | N&P                | 13.03        | Yeovil             | 22-Apr        |
| <b>Hammer</b>              | <b>M75 - 4kg</b>                                 |                    |              |                    |               |
| Allan Lester               |  | Falmouth           | 30.75        | Par                | 06-May        |
| <b>Javelin</b>             |  |                    |              |                    |               |
| <b>County Record</b>       | <b>63.94</b>                                     |                    |              |                    | <b>50.00</b>  |
| <b>National Grade 1</b>    |  |                    | <b>59.50</b> |                    |               |
| <b>Luke Payne</b>          |  | <b>N&amp;/Kent</b> | <b>54.64</b> | <b>Bedford</b>     | <b>21-Apr</b> |
| <b>National Grade 2</b>    |  |                    | <b>51.90</b> |                    |               |
| <b>National Grade 3</b>    |  |                    | <b>46.20</b> |                    |               |
| <b>Brett Marsh</b>         |  | <b>N&amp;P</b>     | <b>42.56</b> | <b>Abingdon</b>    | <b>04-Aug</b> |
| <b>Mike Madden</b>         | <b>M40</b>                                       | <b>N&amp;P</b>     | <b>39.58</b> | <b>Eton</b>        | <b>14-Jul</b> |
| <b>Nathan Kitchen</b>      |  | <b>CAC</b>         | <b>34.19</b> | <b>Par</b>         | <b>08-Apr</b> |
| <b>Dave Parish-Roberts</b> | <b>M45</b>                                       | <b>N&amp;P</b>     | <b>26.80</b> | <b>Exeter</b>      | <b>02-Sep</b> |
| <b>Paul Lowe</b>           | <b>M40</b>                                       | <b>N&amp;P</b>     | <b>24.03</b> | <b>Yeovil</b>      | <b>27-May</b> |
| <b>Matthew Parnell</b>     |  | <b>CAC</b>         | <b>22.67</b> | <b>Exeter</b>      | <b>02-Sep</b> |
| <b>Tarquin Hill</b>        | <b>M40</b>                                       | <b>N&amp;P</b>     | <b>20.13</b> | <b>Yeovil</b>      | <b>27-May</b> |
| <b>Ian Harvey</b>          | <b>M40</b>                                       | <b>N&amp;P</b>     | <b>13.42</b> | <b>Exeter</b>      | <b>02-Sep</b> |
| <b>Decathlon</b>           |  |                    |              |                    |               |
| <b>County Record</b>       | <b>7116 UK All Time - 30th U23 Fynn Corcoran</b> |                    |              |                    | <b>4000</b>   |
| <b>National Grade 1</b>    |  |                    | <b>7400</b>  |                    |               |
| <b>National Grade 2</b>    |  |                    | <b>6650</b>  |                    |               |
| <b>National Grade 3</b>    |  |                    | <b>6000</b>  |                    |               |
| James Hill                 |  | CAC                | 4287         | Par                | 09-Sep        |
| Matthew Parnell            |  | CAC                | 3500         | Par                | 09-Sep        |
| Nathan Kitchen             |  | CAC                | 3042         | Exeter             | 30-Sep        |
| Ian Tucker                 |  | CAC                | 2421         | Par                | 09-Sep        |

# CORNWALL INDOOR RANKINGS OCT 06 - MARCH 07

As at 31 March 2007

## Under 13 Girls

|                    |           |  |           |                |    |                      |              |
|--------------------|-----------|--|-----------|----------------|----|----------------------|--------------|
| <b>60m</b>         |           |  | <b>CR</b> | <b>8.86</b>    |    |                      | <b>9.3</b>   |
| Brett              | Maria     |  | N&P       | 8.86           | G3 | Eton                 | 03-Feb       |
| Saunders           | Hannah    |  | N&P       | 9.59           |    | Cardiff              | 06-Jan       |
| <b>200m</b>        |           |  | <b>CR</b> | <b>30.70</b>   |    |                      | <b>29.5</b>  |
| Brett              | Maria     |  | N&P       | 30.70          | G4 | Cardiff              | 06-Jan       |
| Saunders           | Hannah    |  | N&P       | 33.69          |    | Cardiff              | 06-Jan       |
| <b>800m</b>        |           |  | <b>CR</b> | <b>2.27.54</b> |    |                      | <b>02:40</b> |
| Brett              | Maria     |  | N&P       | 2.50.73        | G4 | Cardiff              | 06-Jan       |
| <b>60m Hurdles</b> |           |  |           | <b>10.63</b>   |    |                      |              |
| Brett              | Maria     |  | N&P       | 10.63          | G2 | Eton                 | 03-Feb       |
| <b>High Jump</b>   |           |  |           | <b>1.43</b>    |    |                      |              |
| Carley             | Chloe     |  | MBH       | 1.30           | G3 | Sportshall Carn Brea | 22-Oct       |
| Brown              | Ellie     |  | N&P       | 1.25           | G4 | Sportshall Carn Brea | 18-Feb       |
| Saunders           | Hannah    |  | N&P       | 1.21           | G4 | Sportshall Carn Brea | 18-Feb       |
| Brett              | Maria     |  | N&P       | 1.20           | G4 | Sportshall Carn Brea | 19-Nov       |
| Hocking            | Rebecca   |  | CAC       | 1.15           |    | Sportshall Carn Brea | 18-Feb       |
| Head**             | Bridie    |  | LAC       | 1.15           |    | Sportshall Carn Brea | 18-Feb       |
| Sleeman            | Tegan     |  | CAC       | 1.15           |    | Sportshall Carn Brea | 10-Dec       |
| Lowe               | Charlotte |  | N&P       | 1.10           |    | Sportshall Carn Brea | 22-Oct       |
| Dominguez          | Claudia   |  | CAC       | 1.00           |    | Sportshall Carn Brea | 18-Feb       |
| <b>Pole Vault</b>  |           |  | <b>CR</b> | <b>1.80</b>    |    |                      |              |
| Lowe               | Charlotte |  | N&P       | 1.80           |    | Bath                 | 17-Dec       |

## Under 15 Girls

|                    |            |  |           |              |    |                      |             |
|--------------------|------------|--|-----------|--------------|----|----------------------|-------------|
| <b>60m</b>         |            |  |           | <b>8.81</b>  |    |                      | <b>9.0</b>  |
| Brett              | Philippa   |  | N&P       | 8.81         | G4 | Eton                 | 03-Feb      |
| <b>200m</b>        |            |  | <b>CR</b> | <b>29.24</b> |    |                      | <b>27.5</b> |
| Brett              | Philippa   |  | N&P       | 30.70        |    | Cardiff              | 06-Jan      |
| <b>60m Hurdles</b> |            |  |           | <b>10.22</b> |    |                      |             |
| Brett              | Philippa   |  | N&P       | 10.22        | G3 | Eton                 | 03-Feb      |
| <b>High Jump</b>   |            |  |           | <b>1.55</b>  |    |                      |             |
| Brown              | Holly      |  | N&P       | 1.40         | G4 | Sportshall Carn Brea | 18-Feb      |
| Rule               | Charlotte  |  | CAC       | 1.35         |    | Sportshall Carn Brea | 22-Oct      |
| Brett              | Philippa   |  | N&P       | 1.35         |    | Sportshall Carn Brea | 18-Feb      |
| Keast              | Anne-Marie |  | N&P       | 1.30         |    | Sportshall Carn Brea | 10-Dec      |
| Newman             | Lamorna    |  | CAC       | 1.30         |    | Sportshall Carn Brea | 22-Oct      |
| <b>Pole Vault</b>  |            |  | <b>CR</b> | <b>2.70</b>  |    |                      |             |
| Brown              | Holly      |  | N&P       | 2.60         | G1 | Birmingham           | 25-Feb      |

## U17 Women

|             |       |  |           |              |    |         |             |
|-------------|-------|--|-----------|--------------|----|---------|-------------|
| <b>60m</b>  |       |  |           | <b>8.25</b>  |    |         | <b>8.5</b>  |
| **Hewitt    | Katie |  | CAC       | 8.41         | G4 | Cardiff | 28-Jan      |
| <b>200m</b> |       |  | <b>CR</b> | <b>26.71</b> |    |         | <b>27.0</b> |
| **Hewitt    | Katie |  | CAC       | 27.58        | G4 | Cardiff | 28-Jan      |
| <b>300m</b> |       |  | <b>CR</b> | <b>45.93</b> |    |         | <b>45.0</b> |
| **Hewitt    | Katie |  | N&P       | 44.21        | G4 | Cardiff | 28-Jan      |

## U20 Women

|                   |        |  |           |             |    |      |             |
|-------------------|--------|--|-----------|-------------|----|------|-------------|
| <b>Pole Vault</b> |        |  | <b>CR</b> | <b>3.25</b> |    |      | <b>2.50</b> |
| Hicks             | Jasmin |  | N&P       | 3.25        | G1 | Bath | 17-Dec      |

## Vet Women

|                          |         |     |           |                |  |            |            |
|--------------------------|---------|-----|-----------|----------------|--|------------|------------|
| <b>60m</b>               |         |     |           | <b>8.32</b>    |  |            | <b>9.1</b> |
| Brett                    | Jacky   | V40 | N&P       | 8.32           |  | Eton       | 03-Feb     |
| Hudson                   | Marie   | V40 | N&P/SWVAC | 9.33           |  | Lee Valley | 03-Mar     |
| <b>400m</b>              |         |     |           | <b>63.77</b>   |  |            |            |
| Lock                     | Barbara | V50 | CAC/SWVAC | 65.39          |  | Lee Valley | 03-Mar     |
| <b>800m</b>              |         |     |           | <b>02:28.1</b> |  |            |            |
| Lock                     | Barbara | V50 | CAC/SWVAC | 2.30.94        |  | Lee Valley | 03-Mar     |
| <b>60m Hurdles - W40</b> |         |     |           | <b>9.28</b>    |  |            |            |
| Brett                    | Jacky   | V40 | N&P       | 9.28           |  | Eton       | 03-Feb     |

|                    |         |     |              |                |               |             |              |
|--------------------|---------|-----|--------------|----------------|---------------|-------------|--------------|
| <b>Long Jump</b>   |         |     |              | <b>4.53</b>    |               |             |              |
| Hudson             | Marie   | V40 | N&P/SWVAC    | 4.15           |               | Lee Valley  | 03-Mar       |
| <b>Shot Putt</b>   |         |     |              | <b>10.13</b>   |               |             |              |
| Pearson            | Mo      | V55 | SWVAC        | 10.13          |               | Lee Valley  | 03-Mar       |
| <b>U13 Boys</b>    |         |     |              |                |               |             |              |
| <b>High Jump</b>   |         |     |              | <b>1.40</b>    |               |             |              |
| Housman            | James   |     | N&P          | 1.23           | G4 Sportshall | Carn Brea   | 19-Nov       |
| Hunt               | Michael |     | N&P          | 1.20           | G4 Sportshall | Carn Brea   | 19-Nov       |
| Kitts              | Connor  |     | CAC          | 1.15           | Sportshall    | Carn Brea   | 19-Nov       |
| <b>U15 Boys</b>    |         |     |              |                |               |             |              |
| <b>Shot Putt</b>   |         |     | <b>CR</b>    | <b>12.50</b>   |               |             | <b>11.00</b> |
| Halton             | Matt    |     | N&P          | 12.50          | G1 indoor     | Birmingham  | 25-Feb       |
| <b>U17 Men</b>     |         |     |              |                |               |             |              |
| <b>60m</b>         |         |     |              | <b>7.3</b>     |               |             | <b>7.7</b>   |
| Warwicker          | Phillip |     | CAC          | 7.76           |               | Cardiff     | 06-Jan       |
| <b>200m</b>        |         |     | <b>CR</b>    | <b>23.28</b>   |               |             | <b>24.0</b>  |
| Warwicker          | Phillip |     | CAC          | 25.24          |               | Cardiff     | 06-Jan       |
| <b>400m</b>        |         |     | <b>CR</b>    | <b>52.51</b>   |               |             | <b>53.5</b>  |
| Warwicker          | Phillip |     | CAC          | 59.28          |               | Cardiff     | 06-Jan       |
| <b>800m</b>        |         |     |              |                |               |             |              |
| Gunning            | Charles |     | N&P          | 2.01.68        | G2            | Plymouth    | 25-Feb       |
| <b>Pole Vault</b>  |         |     | <b>CR</b>    | <b>3.80</b>    |               |             | <b>3.00</b>  |
| Henwood            | Jordan  |     | N&P          | 3.60           | G2            | Cardiff     | 07-Jan       |
| <b>Long Jump</b>   |         |     | <b>CR</b>    | <b>6.01</b>    |               |             | <b>6.00</b>  |
| Warwicker          | Phillip |     | CAC          | 5.19           |               | Cardiff     | 07-Jan       |
| <b>Triple Jump</b> |         |     | <b>CR</b>    | <b>11.88</b>   |               |             | <b>12.50</b> |
| Warwicker          | Phillip |     | CAC          | 11.57          |               | Cardiff     | 07-Jan       |
| <b>Shot Putt</b>   |         |     | <b>CR</b>    | <b>12.85</b>   |               |             | <b>12.00</b> |
| Warwicker          | Phillip |     | CAC          | 9.36           |               | Cardiff     | 07-Jan       |
| <b>U20 Men</b>     |         |     |              |                |               |             |              |
| <b>60m</b>         |         |     |              | <b>7.3</b>     |               |             |              |
| Christopher        | Lee     |     | MBH          | 7.37           |               | Birmingham  | 24-Feb       |
| <b>400m</b>        |         |     | <b>CR</b>    | <b>50.58</b>   |               |             | <b>52.0</b>  |
| Green              | Dave    |     | CAC          | 50.58          | G2            | Cardiff     | 21-Jan       |
| <b>Men</b>         |         |     |              |                |               |             |              |
| <b>400m</b>        |         |     |              | <b>46.69</b>   |               |             |              |
| Green              | Steve   |     | NEB          | 46.69          |               | Birmingham  | 17-Feb       |
| <b>1500m</b>       |         |     |              |                |               |             |              |
| Mulroy             | Chris   |     | CAC/Glou Uni | 4.05.19        | indoor        | Sheffield   | 11-Mar       |
| McQuillen-Wright   | Chris   | M35 | N&P          | 4.11.89        |               | Lee Valley  | 03-Mar       |
| <b>3000m</b>       |         |     |              | <b>7.58.14</b> |               |             | <b>09:00</b> |
| McQuillen-Wright   | Chris   | M35 | N&P          | 9.03.5         |               | London LV   | 20-Jan       |
| <b>Veteran Men</b> |         |     |              |                |               |             |              |
| <b>60m</b>         |         |     |              | <b>7.72</b>    |               |             |              |
| Walter             | Richard | M40 | CAC          | 7.72           | indoor        | Lee Valley  | 03-Mar       |
| <b>200m</b>        |         |     | <b>CR</b>    | <b>24.92</b>   |               |             | <b>26.0</b>  |
| Walter             | Richard | M40 | CAC          | 24.92          | indoor        | Lee Valley  | 03-Mar       |
| Tunstall           | Neil    | M45 | CAC          | 25.11          |               | Cardiff     | 06-Jan       |
| <b>400m</b>        |         |     | <b>CR</b>    | <b>53.79</b>   |               |             | <b>58.0</b>  |
| Tunstall           | Neil    | M45 | CAC          | 55.26          |               | Cardiff     | 06-Jan       |
| <b>800m</b>        |         |     |              |                |               |             |              |
| Lock               | Roger   | M55 | CAC/SWVAC    | 2.40.87        |               | Lee Valley  | 03-Mar       |
| <b>60m Hurdles</b> |         |     |              |                |               |             |              |
| Pengelly           | Clive   | M50 | N&P/SWVAC    | 10.13          |               | Lee Valley  | 03-Mar       |
| <b>High Jump</b>   |         |     |              | <b>1.65</b>    |               |             |              |
| Perkin             | John    | M45 | N&P/SWVAC    | 1.65           | indoor        | London (LV) | 04-Mar       |

\*\* Lives in Cornwall but not yet eligible as a Cornish Athlete